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PICTURE THIS

Jennifer and Chrissie

Names: Jennifer Schmidt and Chrissie Dahlstrom.

Occupation: Spin instructors at the Rec Center.

Best day of your life: Try to make everyday the best (Jennifer). The day my daughter Angela was born; she is the second child and I was much more relaxed knowing what was in store when I got home. I know they say babies can't smile for weeks, but I can tell you that is not true. She looked right into my eyes and smiled when she was about 1 minute old (Chrissie).

Best vacation: Lake Tahoe/ Heavenly Valley skiing with family (Jennifer). A road trip last fall with my husband in Maine. We drove to the upper west part of the state and stayed in a quaint log cabin, just the 2 of us for a couple of days. Then we drove through the North Maine Woods that took all day. Our kids met us on the other side of woods and we spent the weekend in Millinocket before heading home. (Chrissie)

Favorite season: Winter (Jennifer). Autumn (Chrissie).

Favorite holiday: Halloween (Jennifer). Christmas (Chrissie).

Favorite snack: Anything sweet and salty. (Jennifer).



The Mariner caught up with spin instructors Jennifer Schmidt and Chrissie Dahlstrom at the Rec Center (behind the Red Lion Inn.) To find out more about their spinning classes and times, visit: www.cohassetrec.com. If you see Jen and Chrissie around town, be sure to tell them you spotted them in Picture This. WICKED LOCAL PHOTO BY MARY FORD

Pretzels with dark chocolate chips (Chrissie).

Favorite post workout snack: Chocolate milk and banana (Jen). Me too, chocolate milk! (Chrissie).

Favorite sport: Skiing/Golf (Jen). Running, golf, racquetball (Chrissie).

Spinning helps you with: Skiing (Jen). Any sport that requires strong cardio, such as running (Chrissie).

Best book: Too many to decide from (Jennifer). I recently read the "The Book Thief" and thought it was excellent (Chrissie).

Best movie: "Devil Wears Prada" I used to work retail for a catalog -- it was just like

movie. (Jennifer). Patriot's Day (Chrissie).

Best TV show: SNL (Jennifer). Hands down, "This is Us" (Chrissie).

Best music, group, or artist: Alternative, Rock, Metal and some Pop (Jennifer). I love all music, all genres (Chrissie).

Current go-to workout song: Freaky by Timmy Trumpet/Savage (Jen). Anything up beat (Chrissie).

Pet peeve: People staring at phone when I am talking to them (Jennifer). People on their phone in public places (Chrissie).

Fun fact: I am a Girl Scout and Cub Scout leader (Jennifer). I have a sister 9 months younger

than me -- my poor mother! (Chrissie).

Goal: To make the most of everyday (Jennifer). Right now I'm training for a marathon, so my goal is to get to the finish line (Chrissie).

Person you'd most like to meet: Don't know, haven't met them yet (Jennifer). Trump. I have a boatload of questions I'd ask him (Chrissie).

Biggest worry: I try not to worry (Jennifer). I always worry about my kids, even when there is nothing to worry about (Chrissie).

Best part of Cohasset: Whitney and Thayer Woods. Trail #5 Ode's Den (Jennifer). It's gorgeous! (Chrissie).

HEALTH

Still time for a flu shot this season

Rates of flu-like illness have risen over the past seven days, according to the latest weekly flu report from the CDC.

Flu season in this part of the country doesn't tend to peak until February or even March, so there is still plenty of reason to get

a flu shot if you haven't done so already. Please contact Mary Goodwin, Public Health Nurse to schedule a time

to get your flu shot. She can be reached at 781-383-2210 ext. 130 or mgoodwin@cohassetma.org

SENIOR SCENE

Lunch and Learn: Last will and embezzlement

All events take place at Willcutt Commons, 91 Sohier Street, unless noted. Call for Reservations: 781-383-9112.

Weekly Lunches:

Lunches are served at noon Tuesdays, Wednesdays, and Thursdays. Reservations are required no less than 24-hours in advance. Delicious Meals provided by local restaurants and Cohasset cooks. Cost: \$3. Tuesday, February 14, Valentine Lunch. Make your reservation by February 10. Wednesday, February 15, Lunch Provided by Cohasset Pizza House Thursday, February 16, Lunch prepared Launch: Chicken Marsala

THE ULTIMATE SELFIE: WRITING YOUR OWN OBITUARY. Mondays, Feb. 13, 27 and March 6, from 10 am to 12 pm. Make sure you are remembered the way you want. Conducted by veteran journalist Chuck Jaffe. When finished, participants will have an edited obituary of roughly 500-800 words that family and friends can use to capture your life and focus on the things important to you.

VALENTINE'S DAY LUNCHEON: TUESDAY, FEB. 14, 12:00. Celebrate Valentine's Day with us! We'll have a wonderful lunch provided by Anna and her angels, with entertainment by professional musicians Dolores Ofria and Duane Sullivan.

singing all the old standards from the 30's, 40's, 50's, and 60's. Enjoy classics originally performed by Frank Sinatra, Rosemary Clooney, Steve Lawrence and Eydie Gorme. \$6. Reservations required no later than Friday, Feb. 10, 2017.

LUNCH-LEARN-WITH NORFOLK COUNTY SHERIFF'S DEPARTMENT: THURSDAY, FEB. 23. "Last Will and Embezzlement," a powerful overview of the impact of financial elder abuse, and the fact that it truly can happen to anyone. It will equip seniors, family members, and professionals to both recognize and guard against financial abuse of vulnerable and older adults. Lunch at 12:00 followed by the presentation at 12:30. Cost for lunch, \$3. Presentation, Free.

PRESIDENTIAL FLOWERS WORKSHOP: Thursday, Feb. 23, 1:30 pm. Presented by Community Garden Club members. Make your own floral arrangement. Do not miss this wonderful way to brighten your day with flowers while we wait for warmer weather! \$3. Reservations required by Thursday, February 16.

LUNCHEON ENTERTAINMENT: Tuesday, Feb. 21, 12:00. Brigitte Driscoll, a senior at Cohasset High School, and her brother Danny, a junior at BC High will join us at lunch to demonstrate their talents on the piano as they play classical music.

BROWN BAG LUNCH AND MOVIE: MONDAY, Feb. 27, 11:30 am. Miracles from Heaven: A young girl with a rare digestive disorder is cured after a terrible accident. Jennifer Garner. Bring your own lunch. We'll supply soft drinks and popcorn.

FLYING FINGERS: PIANO FOUR HANDS: TUESDAY, FEB. 28, 10 a.m. Depart CEA for 11:00 performance of South Shore Conservatory's Coffee Break Concert Series at the Ellison Center for the Arts in Duxbury. Concert pianists Jonathan Roberts and Ellyses Kuan will perform some of the greatest romantic compositions for four-hand piano, including selections from Rachmaninoff, Schubert, Dvorak and Brahms. Transportation offered, but limited seating. Reserve your spot ASAP.

REGULARLY SCHEDULED ACTIVITIES: Cohasset Café: Mondays, 9 to 11 a.m. Drop in for coffee, conversation and fresh baked treats provided by The Friends of Cohasset Elder Affairs. \$3.

French Conversation: Mondays, 10 a.m. Looking to improve your French? Informal gatherings for those less-than-expert. Drop in.

Zumba Gold: Fridays, 10 to 11 a.m. Ditch the work out! Join the party! Zumba Gold workout incorporates dance/fitness routines set to Latin and international rhythms but is performed at a lower intensity than

regular Zumba. Great for cardio, range of motion and balance. Drop in. \$5.

YOGA CLASSES Gentle Yoga: Tuesdays at 9:30 am. Instructor, Amy DiLillo. Drop in \$5.

Mary's Yoga: Tuesdays at 4:30 pm. Instructor, Mary Ernst.

Chair Yoga: Wednesdays, 1 pm. Instructor, Amy DiLillo. Drop in \$5.

Yoga/Meditation: Thursdays 9:30 am. Amy DiLillo and Jen Williams. Half yoga and half meditation. Learn relaxation techniques that you can use any time. Drop in. \$5.

Veteran's Services Hours: Tuesdays, Wednesdays and Thursdays, 9:00 am - Noon.

Bridge: Wednesdays, 1 to 4 p.m. Bring your own foursome.

Stretch and Balance Conditioning: Mondays 2:30 pm-3:30 Low impact class focusing on balance and flexibility.

Strength and Conditioning Class: Thursdays, 10:30 to 11:30. Follow the instruction of an exercise therapist to improve upper and lower body strength, endurance, and flexibility. \$5 per class. n Book Club, Second Friday of the month, 10:00 pm.

Knitting: Drop in. Fridays from 11 to 12:30 pm. Learners welcome.

Transportation: Door-to-door van service space permitting, first come first served, to the following: (Out of town trips, \$5 Round Trip).

Medical Appointments: within a 15-mile radius of Cohasset by appointment.

FISH: Medical rides to out of town appointments in volunteers' cars. Not wheelchair accessible.

Around Town, Route 3A: Mondays, 1 to 3 pm.

Crowd Control



Cohasset police officers Chris Dias and Greg Taylor were in Boston with the Metro-LEC Tactical Bike Team helping with security and crowd control for the Patriot's Parade on Tuesday. Detective Harrison Schmidt was also there on the Metro-LEC SWAT team, providing backup to the Boston Police SWAT team. [COURTESY PHOTO]

BUILDING PERMITS

The following building permits were issued recently at Town Hall:

Haracz, 14 Holly Lane, bath remodel, \$8200; Manning, 203 S. Main St., one replacement window, \$960; Murphy, 508 Beechwood St., demo shed damaged by falling tree, \$3,600; Anderson, 658 CJC Highway, 16 square feet siding, \$21,700; Tebbitts, 9 Jerusalem Road, chimney repair, \$6,500; Mallen, 121 Jerusalem Road, four replacement windows, \$1,300; Marshak, 121 Nichols Road, install Gunite pool, \$40,000; Offen, 120 Fairwinds Lane, kitchen and mudroom remodel/install two new doors, \$55,000; Marvel Props, 1 Pleasant St., kitchen exhaust hood/duct and fire systems, \$6,000; Zani, 38 Forest Ave., remodel two baths, \$30,000; Hartwell, 54 Rust Way, demo home damaged by fire, \$20,000; Whoriskey, 6 Ripley Road, bath remodel, \$20,000; Williams, 365 N. Main St., demo interior only, \$20,000; Witkos, 69 Elm St., remodel second floor bath, \$5,000; Sestito, 650 CJC Highway, 12 solar panels, \$5,000; Britton, 81 Fairwinds Lane, stove insert, \$1,400; Mirza, 266 S. Main St., blown-in cellulose insulation and

weatherstripping, \$4,700; Morrison, 505 Beechwood St., enclosure section of porch/create new opening into family room, \$6,000; Merrill, 50 Summer St., addition/foundation/second floor framing/add third floor and deck, \$350,000; DeAndrade, 7 Walnut Hill Lane, demo existing 14-by-21-foot deck and replace with 14-by-39-foot deck, \$67,970; Pompeo, 144 Forest Ave., two HVAC systems, \$28,000; Turpel, 25 Tupelo Road, kitchen remodel, \$118,400; Barrow, 28 Elm Court, interior renovation/reinsulate and finish, \$30,000; McConough, 306 Fairwinds Lane, thermal barrier/cellulose/weatherstripping, \$1,614;

Rogers, 68A Nichols Road, detached two-car garage, \$284,300; Milanoski, 171 S. Main St., wood stove with stainless steel liner, \$7,154; Hellenic Church, 819 Jerusalem Road, temporary sign on posts: 66-by-42-inches, \$5,000; Shanley, 9 Manor Way, new single family dwelling, \$350,000; McMullen, 25 Locust Road, 19 square feet asphalt roofing, \$7,950; Chittick, 98 S. Main St., install 11 replacement windows, \$6,600; Pennington, 47 Highland Ave., ductwork and equipment for A/C system, \$7,500.

POLICE BEAT

Two deer, one coyote bite the dust on 3A

By Mary Ford
mford@wickedlocal.com

Suspicious item

Police responded to a call from Town Hall on Monday morning (Jan. 30) about a small (2 by 2-inch) plastic bag containing a white substance that someone found in the parking lot and brought up to the selectmen's office. As it turned out the bag contained salt and likely fell out of someone's lunch.

Hit and run

The 47-year-old Cohasset owner of a 2011 Mazda that was parked at Stop & Shop while she was inside the supermarket shopping called police on Monday afternoon (Jan. 28) when she realized someone had driven into the back of her car, causing damage, and left the scene. The incident was not caught on video surveillance in the parking lot, police said.

Shoplifting

The owner of Taste of Wine & Spirits at Cohasset Plaza called police on Monday afternoon (Jan. 30) to report that a woman had come in and put a bottle of vodka in her purse before paying for a couple of nips and leaving the store. The clerk was able to get the registration number of her car. Police were able to identify her through the car's registration and the 46-year-old Weymouth woman is being summoned to court for shoplifting. The vodka was valued at \$25. The incident was also captured on store video, police said.

Coyote hit

A 71-year-old Cohasset man in a 2009 Audi called police after he struck a coyote that had darted out on Chief Justice Cushing Highway (Route 3A) near Pond Street around 7:12

p.m. on Monday (Jan. 30). The man was headed south when the incident occurred; there was moderate damage to the left front side of his car.

Snowman stolen

A 72-year-old man on Fairwinds Lane reported to police on Tuesday (Jan. 31) that someone had stolen his five-foot, tin snowman that was next to his front door. The snowman that is made of a silver, tin-like material and had a black top hat is valued at \$20.

Car into pole

Icy road conditions were the cause of a single-car crash at around 4:25 p.m. on Tuesday (Jan. 31). Police said a detective car had stopped on Beechwood Street to turn left into Wheelwright Park when a 2009 Acura MDX, driven by a 54-year-old Scituate woman, approached from behind and swerved to avoid hitting the back of the detective's car.

She hit the brakes and lost control, hitting a utility pole on the right-hand side of the road, barely missing the detective's car. Beechwood Street was closed for 45 minutes for the road to be treated and traffic was diverted. There was heavy front-end damage to the Acura. National Grid was called to repair the pole. The car was towed; the woman was not injured. She was not cited because of the road conditions, police said.

Mailbox hit

A 35-year-old woman from the Hillside neighborhood called police on Thursday morning (Feb. 2) to report that the granite post that holds her mailbox had been hit during the ice storm overnight. There were tire tracks coming and going from the site. The mailbox and post are valued at \$300. A short time later the woman called back to report

that a neighbor just called to report that she hit the mailbox and would make restitution.

Alleged rape

A 22-year-old Cohasset man turned himself in last week and was arrested at the station on charges relating to an alleged rape in Cohasset of a girlfriend.

He is being charged with assault and battery with a dangerous weapon, aggravated rape, strangulation, and domestic assault and battery as a result of a police investigation of an alleged recent sexual assault.

This arrest is the result of a domestic incident. His name is being withheld per state law to protect the identity of the alleged victim, police said.

Deer hit

A 44-year-old Brockton man called police on Friday (Feb. 3) around 6 a.m. after his 2015 Chevrolet Malibu hit a deer on Chief Justice Cushing Highway (Route 3A) near the train station. The deer had darted out of the road, barely missing the driver. The man was not injured and his car was drivable.

No taillights

A 69-year-old Marshfield man was issued a citation for defective equipment because the 2016 Toyota Corolla he was driving did not have working taillights. An officer spotted the car around 9:30 p.m. on Saturday (Feb. 4) near Marylou's on King Street (Route 3A) after a caller reported the Toyota as operating erratically. The man, who checked out and was not impaired, was issued the citation and was sent on his way, police said.

Deer hit

A 60-year-old Scituate woman driving a 2007 Lincoln MKX called police after hitting a deer near Stop &

Shop around 10:50 p.m. on Saturday (Feb. 4) and pulled into the Blu Mussel parking lot to calm down. The deer took off, police said.

Theft from home

Police are investigating the apparent theft of \$6,000 in cash, savings bonds and some personal papers from the home of an elderly woman in Cohasset. The woman's 56-year-old daughter reported to police that the only other person with access to the house is the home-health aide. The incident was reported on Sunday (Feb. 5).

Purse taken

A 53-year-old Cohasset woman notified police on Sunday (Feb. 5) that someone stole the purse out of her car while she was at church at St. Anthony's the day before.

Missing was \$5 in cash, credit cards and her cell phone. The woman called her cell phone and a boy answered who said he was skating with friends off Spring Street and they heard the phone ringing from the bushes. Police say the thief apparently dumped the purse there. The cash and credit cards were missing.

MV stop/tow

Police stopped a 2008 Ford Explorer and had it towed when the 17-year-old Scituate girl could not successfully renew the expired registration online. The car belonged to her father and was pulled over around 5 p.m. on Sunday (Feb. 5) due to the expired plates.

Dog dispute

Police responded to an argument over an unleashed dog at a condo complex on Jerusalem road just before midnight on Sunday (Feb. 5). The matter was referred to the Animal Control Officer.

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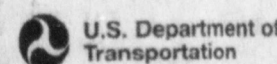
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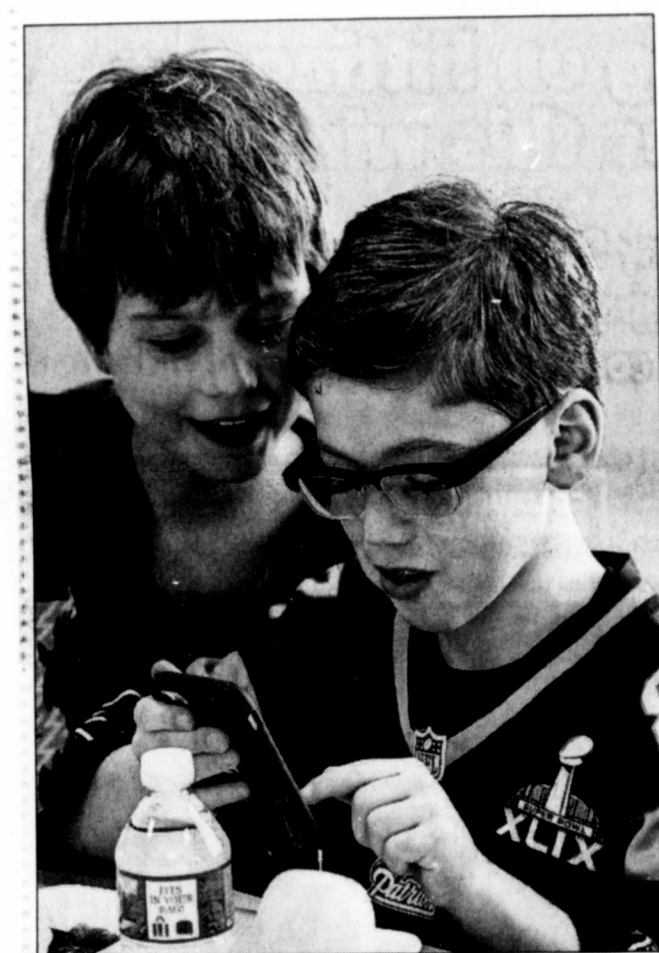
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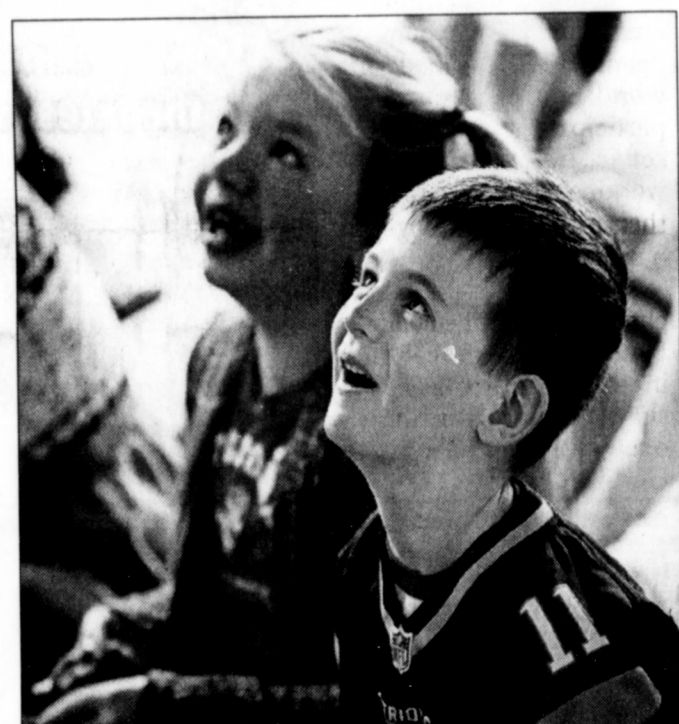
Second graders smile with glee during David Biedrzycki's presentation at the Osgood School library on Monday.



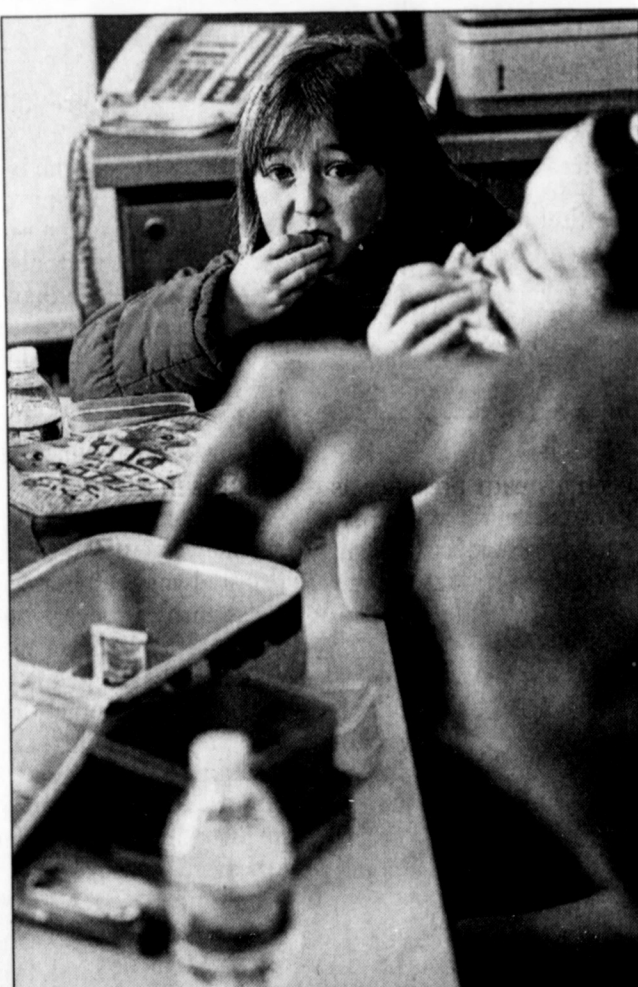
Second graders Campbell Seeley and James Shahied get a sneak preview of the illustrations that David Biedrzycki will use for his next children's book during their lunch with the illustrator at the Osgood School on Monday, Feb. 6.

Author visit

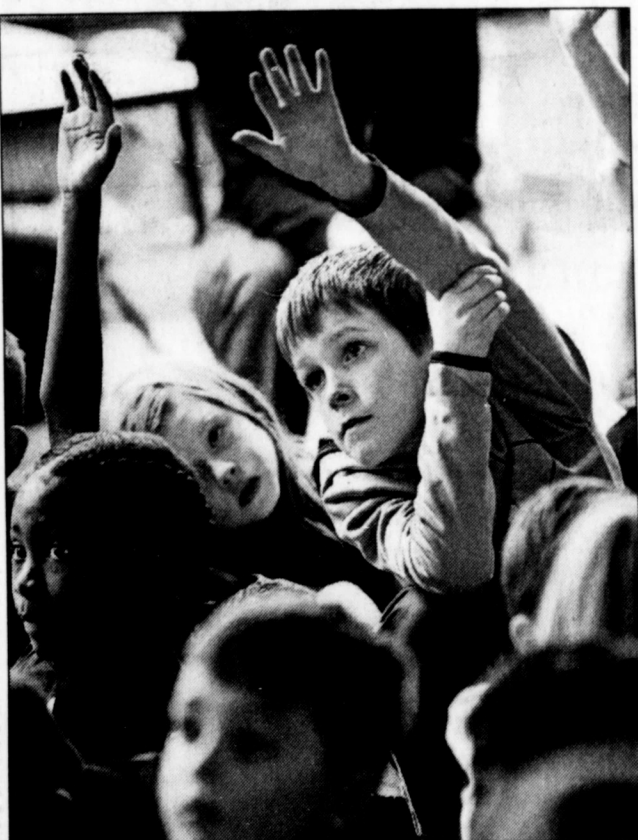
Staff photos by Robin Chan



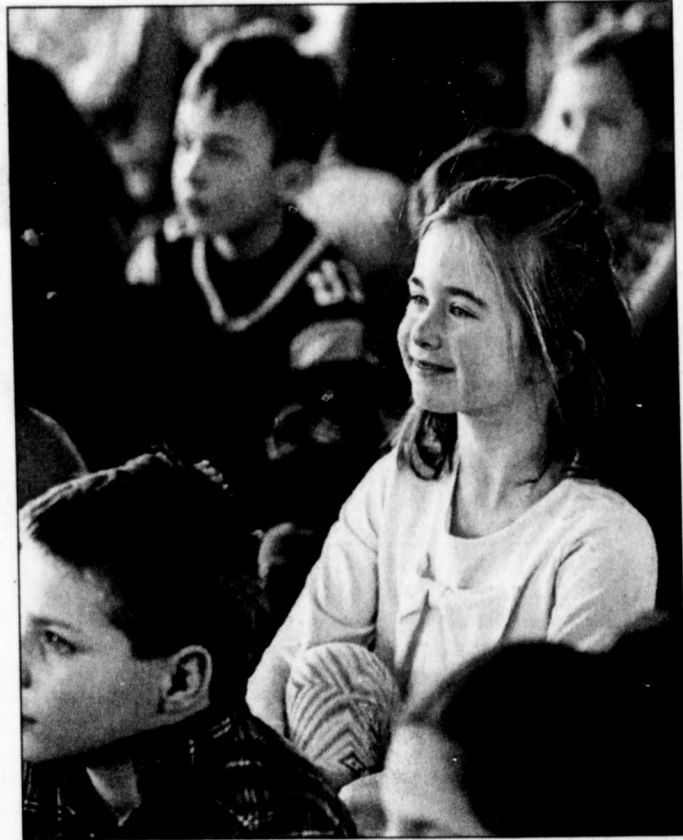
Second grader Ali Schultz and Ryan Indoli are amazed by the different illustrations that David Biedrzycki has come up for his children's book.



Second grader Kemble Doherty listens closely to illustrator David Biedrzycki during their lunch together at the Osgood School on Monday, Feb. 6, 2017.



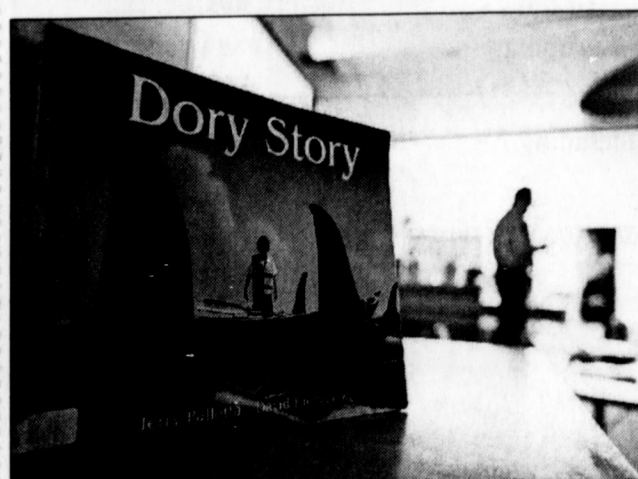
Second grader Tommy Ryan raises his hand while trying to get his question answered.



Second grader Maddie Campbell smiles during David Biedrzycki's talk at the Osgood School.



Second grader Emma Whoriskey beams with delight during the talk.

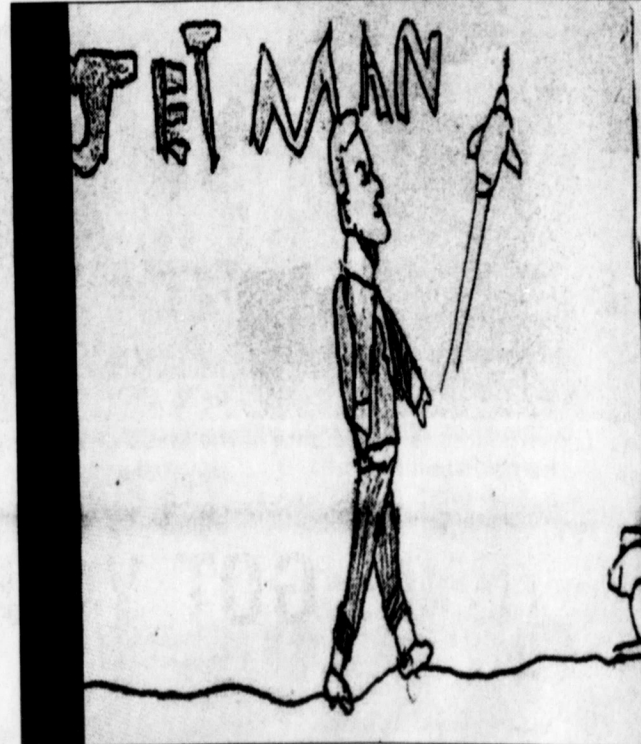


One of David Biedrzycki's books sits on the shelf at the library during his talk at the Osgood School.



Above: Illustrator David Biedrzycki smiles while greeting the second graders and Osgood School principal, Lisa Farrell, before their lunch.

Right: David Biedrzycki shows the second graders his first drawing to illustrate his progression and to tell how he wasn't good at writing at first until a teacher encouraged him to read.



FEB

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2017



Fr. Mulvihill's family including his sister Margaret Sullivan (sitting next to him), Jacquelyn Sullivan, Grace Max's, Emily Mazza, Claire Mozzarella, Bridget Mazza & Kathryn Dinelin. [©2017 AN ORIGINAL PHOTOGRAPHY BY AN LEFVRE]

MULVIHILL

From Page A1

Boston born and bred, Mulvihill grew up in Westwood and graduated B.C. High School in 1948. He became a theology professor and, later, president of Cardinal Cushing College in Brookline, operated by the Sisters of the Holy Cross. The college closed in 1972 and Mulvihill went on to become the director of religious education for the Archdiocese. He was then assigned to St. Francis Xavier Parish in Weymouth in 1983. It was 1995 when the Cardinal asked Mulvihill to do him a favor and come to Cohasset.

"It was the best favor he could have asked of me," said the Father. "I've been blessed. The people are wonderful, very supportive, very responsive to anything we ask of them."

During his 22 years in Cohasset, Mulvihill has been a steady presence as the number of baptisms and weddings has grown, the youth population has increased, the leadership structure has evolved, and the food pantry has relocated to the rectory from its former location at Second Congregational. The church added a new parish center in that time, giving the congregation an opportunity to meet in large numbers outside of Masses and to offer hospitality after funerals. This has enabled the growth of social events like the St. Patrick's celebration, some of which used to be held at Kimball's for lack of a better location, and has brought congregants closer together.

More recently, St. Anthony's adopted a number of former members of the Scituate parish St. Francis Cabrini, which closed its doors once and for all after a 12-year vigil following the archdiocese's decision to shutter the church.

But not all growth has been good, said Mulvihill, citing growing concerns over the use and availability of drugs in surrounding communities. "That was not even heard of in my



"I've been blessed. The people are wonderful, very supportive, very responsive to anything we ask of them." Father John Mulvihill, St. Anthony's

time as a young priest," he said.

Indeed, the church is faced with a different world today, and the world has a different attitude toward the church than it did 60 years ago. But the overall shift has been for the better, according to Mulvihill.

"There have been great changes in the liturgy since the Vatican Council," he said. "Before, the priest always celebrated Mass with his back to the people; now he faces the people. And the people are more involved in the responses and singing. It's had a tremendous impact. People are more involved in the liturgy and feel more a part of the ceremonies."

"When I was first ordained," Mulvihill went on, "the Bible was considered a Protestant thing. Now there's great interest in Scripture readings."

Formerly, said Mulvihill, the emphasis was on tradition and reasoning. People knew the words to the Latin Masses but didn't know what they meant. The change "has opened people's eyes to the wealth and beauty of the Scriptures," Mulvihill said.

The liturgy now incorporates a wider variety of Scriptures, introducing even lifelong Catholics to new passages they've never heard before.

While there is still a "Scripture of the day" from which priests are expected to preach, they are urged to take their sermons beyond the words on the

page and apply the Bible to the present times.

The youth program takes a similar angle, with a conversational approach to the problems of the day and the situations young people face in the modern world. Students also participate in an annual service trip to Kentucky, working together to raise their own funds throughout the year.

Meanwhile, adults in the church serve at the Food Pantry, the Pine Street Inn in Boston, or by knitting shawls and hats for cancer patients at South Shore Hospital.

Mulvihill doesn't take credit for any of his parish's growth or success. In the Catholic Church, changes like these come down from the top and are implemented by churches across the board; their success is by the grace of God. However, it's clear that just bearing witness to it all has been a great source of joy to the Father.

"There have been challenging days and difficult days," he allows, "but never an unhappy one."

Mulvihill said he has no plans to retire anytime soon. "As long as the Good Lord lets me go, I'll go," he said.

St. Anthony's holds Mass daily, with five weekend services and six on Christmas Day (some attended by well over 1,000 people). Visit SaintAnthonyCohasset.org for details.

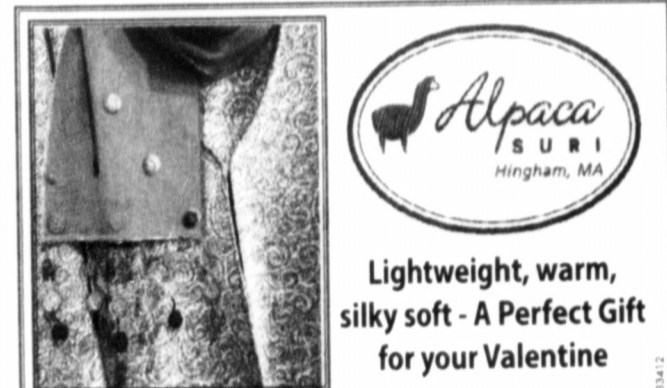
Follow Amanda on Twitter for updates: @MarinerAmandaT



Young parishioners participate in the Mass of Thanksgiving at St. Anthony's honoring Father Mulvihill. [©2017 AN ORIGINAL PHOTOGRAPHY BY AN LEFVRE]

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OPINION

HOW TO SUBMIT

Letters must be original and signed. Include the writer's address and phone number for verification. Letters may be edited. Send letters to Mary Ford, 73 South St., Hingham, MA 02043, cohasset@wickedlocal.com, or fax to 781-741-2931.

QUESTIONS? Contact Editor Mary Ford at 781-741-2933 or mford@wickedlocal.com.

GUEST EDITORIAL

Love trumps revenge

By Glenn Mangurian

Much is being written about the remarkable Super Bowl win for the Patriots. Some are asserting it was the greatest moment in Boston sports history. Hingham's own Kevin Cullen provided a thoughtful essay in his Tuesday Boston Globe column. "The real Super Bowl lesson wasn't about revenge."

Many in Patriot's Nation believe that the come from behind overtime victory was sweet revenge for the unfair "Deflate-gate" saga. Yes, revenge was in the Houston stadium Sunday night but he left mid-way into the third quarter attempting to beat the traffic to the airport.

Revenge is a very human response to feeling slighted. It is usually seen as a way to punish someone who misbehaved. In the Patriots' case revenge is our attempt to right an outrageous wrong by NFL commissioner, Roger Goodell. While revenge may allow us to feel good, that feeling does nothing to change the past. Researchers on the effects of revenge have found - "Rather than providing closure, it does the opposite: It keeps the wound open and fresh."

Cullen has a different view that resonates with me. He said, "Everything our parents, our teachers, our coaches had tried to teach us transpired in the last 18 minutes of this magnificent spectacle, this Super Bowl. In the end, it wasn't about revenge. It was about not giving up, about perseverance."

But the more important lesson was about the power of love. Love also attended the Super Bowl. Love was seated in the Brady family box. Tom Brady's mom, Galynn, has been undergoing chemotherapy and radiation treatments for the past 18 months. She was unable to attend any games in the 2016 season. Yet she mustered enough strength to see her son play in the Super Bowl. She didn't attend for revenge. Rather she attended for love - a love that did not depend on the final score.

Love is a powerful force. It summons the best in us, provides hope and provides courage to overcome seemingly insurmountable obstacles. For those of us that are spiritual, maybe the Patriots were assisted by a team of angels. How else can we explain the unbelievable plays of the fourth quarter? Julian Edelman might not have caught the ball without divine intervention.

So as the duck boats go back to their regular duties and the players go to wherever they go in the off season, let's remember what the Latin poet Virgil wrote:

"Omnia vincit amor et nos cedamus amori" - "Love conquers all, let us all yield to love"

That is the teachable message for our children.

—Glenn Mangurian is a Hingham resident of 30 years. He spends his time consulting, teaching leadership and writing to provoke thinking. He welcomes your comments and can be reached at gmangurian@frontier-works.com

Cohasset Mariner

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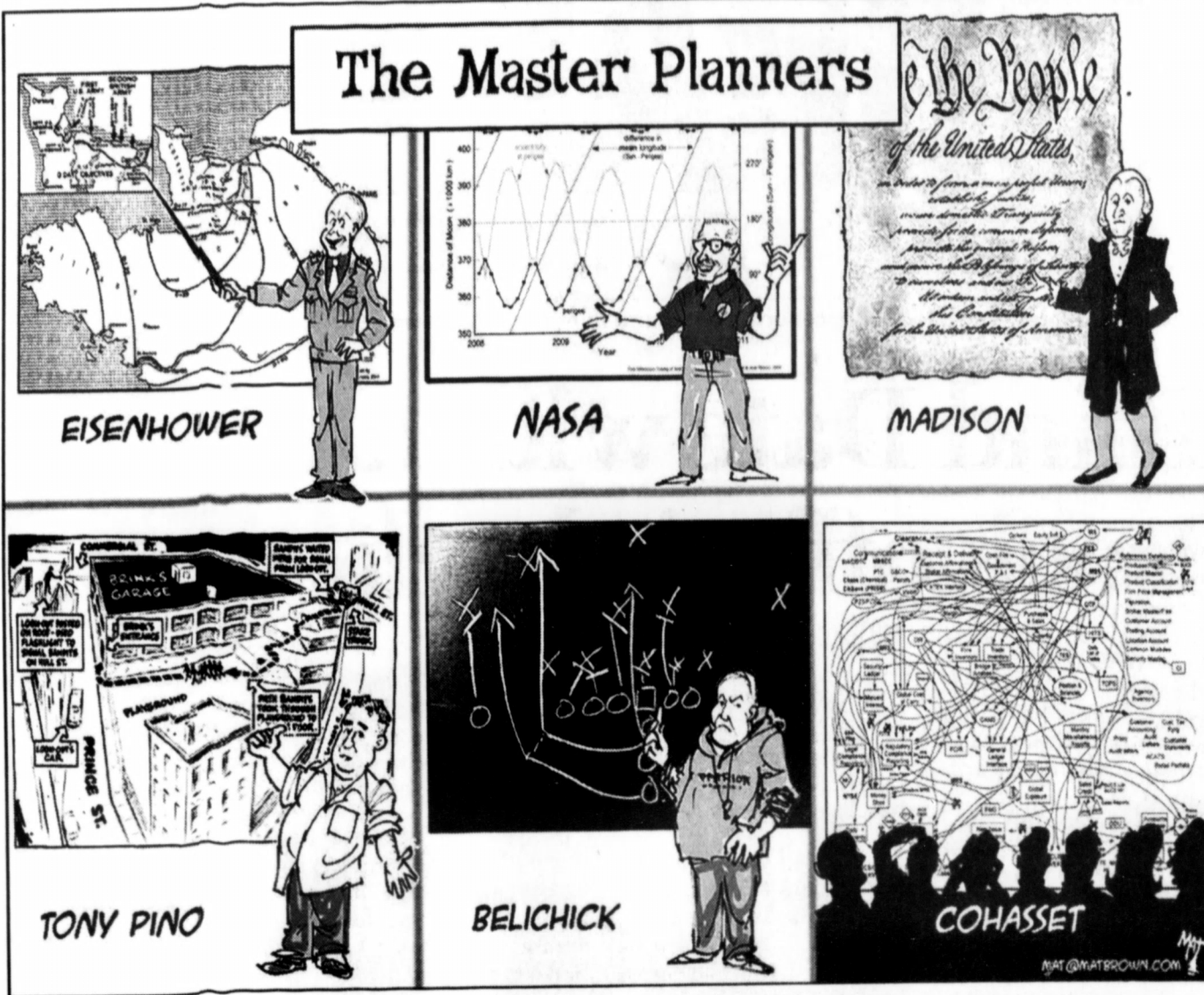
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SAVE THE DATE

2017 Polar Plunge for Special Olympics!

By Taffy Nothnagle
Special to the Mariner

March Madness starts early, on Saturday, March 4th this year! It's the 19th Polar Plunge for Special Olympics Massachusetts (SOMA). If you're looking for a "bucket-list" event to actually take part in, or to go watch and cheer for the Plungers, this is it! There's a costume parade at 11:15 a.m., followed by the mad dash of the 750+ brave people into the cold surf at 12 noon at the Mary Jeanette Murray Bathhouse on Nantasket Beach! (They'll be out, drying off, by 12:02!)

The Polar Plunge has become such a success that this winter SOMA is sponsoring Plunges in eight different locations through February and March. The one at Nantasket remains the BIG ONE, raising \$355,000 in 2016. Unlike most organizations, we don't charge our athletes or their families

to participate, so these funds are vitally important in providing year-round training and 130 competitions in 24 sports for our 13,000 athletes state-wide. Our athletes range in age from two (Young Athletes Program) to 104 (yes, our centenarian still competes!).

In addition to sports training & competition, these donations support Special Olympics International's worldwide "Healthy Athletes" Program, founded here in Massachusetts in 1994, providing free screening in medical and dental issues for our 4.3 million athletes. Of the hundreds of athletes screened in 2016, many were referred for treatment. (In 2011, one was sent directly to the hospital after finding he'd recently had a heart attack - he's now alive and still competing!). Our joint-ventures with UMass Med School and Regis College train med students, residents, nurses, and doctors in working with people with Intellectual

Disabilities.

Our Unified Sports Program (also started in Massachusetts), pairs SOMA athletes with volunteers who are teammates during the competitions, and remain friends afterwards.

Captain of the South Shore Mariners Team, Jay Nothnagle, plunging for his 17th time, is a 15 sport-athlete, and will be joined by Cohasset plungers and chickens (those who raise money but stay dry!) Connie Afshar, Bernadette Faulkner, Elizabeth Laas, Jessie MacDonald, Betts Murray, Steve Myers, Jeff Nothnagle (past State Board Chair), Pat Plante, and Doug Yeager, plus many from other South Shore towns. The funds they raise come back to our local South Shore Mariners program which has 120 athletes ages 6 to 76 from seven area towns.

So "come on down" to Nantasket Beach on Saturday, March 4th and please support our athletes with

The Polar Plunge has become such a success that this winter SOMA is sponsoring Plunges in eight different locations through February and March. The one at Nantasket remains the BIG ONE, raising \$355,000 in 2016.

a pledge! You can do this by mailing a check to your favorite plunger (payable to "Special Olympics Massachusetts" or "SOMA"), or on-line at www.nantasketplungekintera.org, then Sponsor a Participant, type in a plunger's name, and follow the directions.

We'd also love to have you Plunge with us - you can Register to Plunge at that same site!

—Thanks in advance for your interest and support! Contact Jeff or Taffy Nothnagle at 781-383-0895.

APPLAUSE

Fifth-graders earn highest rank in Cub Scouts

On Saturday, Feb. 11th, 13 5th Grade Cub Scouts will be earning their Arrow Of Light award. This is the highest rank a Cub Scout will earn. The Arrow of Light prepares a Webelos Cub Scout to become a Boy Scout. This is the only Cub Scout badge that can be worn on the Boy Scout uniform when he graduates into a Boy Scout Troop, State Rep. Joan Meschino and state Sen. Patrick O'Connor, or a representative from their office, will present this prestigious award to these fine young men.

The following boys will earn this award: Gavin Schmidt, Drew Olson, Josh Young, Charlie Farrag, Eric Hense, Ali Omran, Jackson French, Harrison Babushka, Alexander Hanke, Nick Hoadley, Marcus Inferreza, Luc LeFevre, and Dimitri Peters. These boys have worked hard to earn this award. Like other boys, they have homework, participate in sports, play musical instruments and have family and religious commitments. However, these 13 boys have added Cub Scouts to their list of accomplishments. All list they have earned while in Cub Scouts will build these young men into amazing Boy Scouts and future leaders some day.



Jack Nash (back), Josh Young, Jackson French, Ali Omran, Gavin Schmidt, Eric Hense, Drew Olson, and Charlie Farrag at Nash's carpentry workshop. (COURTESY PHOTO)

What has Cub Scouts given them that they don't learn in school? Many valuable opportunities, for sure. ■ Public speaking at monthly pack meetings. ■ Field trips to learn about science, nature, engineering and many other fun activities. ■ Meeting Selectman Diane Kennedy and asking what her role is in Cohasset. ■ Camping: ducking over a fire, sleeping at Wheelwright park, learning how to tie knots, first aid and how to use a pocket knife.

The boys from Webelos II Den 1 had the opportunity recently to visit Jack Nash carpentry workshop to learn about wood working. Nash, a local Cohasset carpenter, has graciously volunteered his time throughout the years to the Cub Scouts. He allows the Scouts to visit his workshop and see, and use his woodworking tools. The boys were taught about the many different tools available for carpentry, how to use a saw, how to hammer correctly, and even built their own tool

box. Nash also volunteers to help the boys with their Pine Wood Derby cars. The Pine Wood Derby takes place in March and the boys have been building their cars and getting ready for the big race. In the Mariner we always read about the amazing Eagle Scout awards that the Boy Scouts earn. On Monday, March 27th, the young men listed above officially cross over to Boy Scouts. We would expect in 5-7 years we would be seeing their name in the Mariner regarding their Eagle Scout award.

LIBRARY CORNER

PAUL PRATT MEMORIAL LIBRARY COHASSET

Look for the library's new logo on Facebook, Twitter, and in print around town. (COURTESY PHOTO)

Blind Date with a Book offer is back!

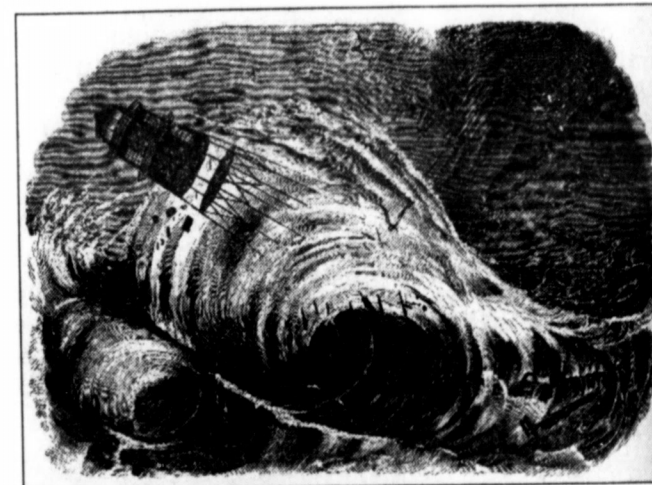
Paul Pratt Memorial Library, 35 Ripley Road. Call 781-383-1348 for more information or visit: www.cohassetlibrary.org.

Sunday Author Talk: Dennis Hale, author of "The Jury in America: Triumph and Decline" will give a talk about his book on Sunday, Feb. 19, at 4 p.m. A wine & cheese reception and book signing will follow the talk. Free admission. Seating is limited. Sunday Author Talks is sponsored by Dean & Hamilton Realtors, Goodale Insurance, and A Taste for Wine & Spirits.

Library Book Group: Join us for coffee and discussion of Anne Tyler's book "A Spool of Blue Thread" on Wednesday, Feb. 22, at 10 a.m. All are welcome!

Blind Date with a Book: Back by popular demand, we are offering you the opportunity to have a Blind Date with a Book. Check out one of our specially wrapped books and if you like it consider it a great date! And if you don't like it don't worry about hurt feelings. Just return it to the library.

Finding the First Minot's Ledge Lighthouse: Join us for a fascinating lecture on Thursday, March 2, at 7 p.m. about the efforts to locate the original Minot's lighthouse using modern technology. The lecture is presented by Victor Mastone, Director of the



The library is hosting a fascinating lecture on Thursday, March 2, at 7 p.m. about the efforts to locate the original Minot's lighthouse using modern technology. (COURTESY PHOTO)



Back by popular demand, the library is offering you the opportunity to have a Blind Date with a Book. (COURTESY PHOTO)

Massachusetts Board of Underwater Archaeological Resources. Free. All are welcome!

New Look: The library has a fresh looking, new logo! Its

simple blue and gray color scheme will match our new, soon-to-be-released website. Look for our new logo on Facebook, Twitter, and in print around town.

LIBRARY KIDS

Bruins pajamas drive is a team effort

Cohasset Library Participating in the Bruins P.J. Drive: The Paul Pratt Memorial Library has teamed up with the Boston Bruins to participate in their annual pajama drive to benefit DCF kids and Cradles to Crayons. The P.J. Drive's goal is to collect 10,000 pairs of new pajamas for children and teens in need. "It's hard to imagine that so many kids and teens don't know the comforting feeling of putting on PJs before settling down to sleep. We're happy to be part of an effort to change that," said Sharon Moody, Children's Librarian.

The Boston Bruins P.J. Drive runs through March 15. The library will be collecting new pairs of pajamas for babies, children and teens.

Spanish Story Time: with Su Escuela Friday, Feb. 17th at 10:30 a.m. Stories and songs performed by Su Escuela teachers.

Weekly Programs

Mamasteph: Mondays at 10:30 a.m. Generously sponsored by the Friends of the Cohasset Library.

LEGO Club: Monday, Feb. 13 & 27 from 4 to 5 p.m. Meeting Room. All ages welcome. All materials provided.

Puppet Story Time with Leigh and Friends: Feb. 21 at 10:30 a.m. Meeting

Room. Generously funded by the Friends of the Cohasset Library.

Storytime with Mrs. Moody: Tuesday, Feb. 14 & 28 at 10:30 a.m. Meeting Room.

Reading Partner with Sophie: EVERY TUESDAY from 4 to 5 p.m.: We are continuing our Reading Partner program sponsored by the Cohasset Working Dog Foundation throughout the school year. Sophie, our reading therapy dog, will be here every Tuesday from 4 to 5 p.m. to practice her listening skills. Sign up in the Children's Room upon arrival. For more information go to cohasset-workingdog.org

1,000 Books Before Kindergarten: Join libraries and families across the nation to complete this challenge. Registration forms and reading logs are located on Mrs. Moody's desk. 1000booksbeforekindergarten.org

BRIEFLY

Assessors request Form of List completion

The Cohasset Assessors' Office has requested a Form of List to be completed by any person who owns or conducts business or owns rental property in the Town of Cohasset for Fiscal Year 2018. In accordance with Massachusetts General Laws

Chapter 59, Section 29 the deadline for filing is March 1. Failure to timely file this return could adversely affect the owner's right of appeal. The Assessors' appreciate your cooperation in providing the necessary information.

Reminder postcards were mailed to businesses in town. The Form of List is available online at: cohassetma.org For further information, please contact the Assessors' Office at (781) 383-4114 X124.

VIEW FROM THE FRONT PORCH

Cohasset wins third round

Hello and welcome to the third (and most likely) final chapter of Cohasset vs. Hingham. It's time to once again compare the two jewels of the South Shore (some might say self-appointed jewels) and to see which town is indeed greater than the other. As with the previous battles, the towns are ready to compare their unique nuances to determine which community will come out on top. After two hard fought comparisons, they are knotted at one apiece and both claim to be up for the challenge.

"Wait, I have just been handed a note: (Picture the visual of me typing this while sitting at a news desk and someone hands me a paper from off camera); (Okay, now picture me reading the note to all of you) 'Hingham's Planning Board and Zoning Board okay expansion access to, and allow construction on 'Worlds End'. (One more, now envision me looking up and around in a confused state then saying) 'Um, Worlds End is the most pristine piece of land on Boston Harbor; this has to be some sort of joke.'"

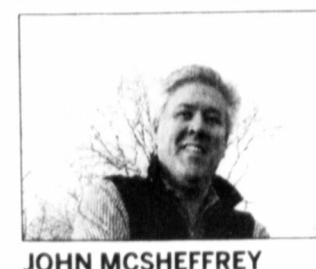
Sadly, the effort to allow some development on Boston Harbor's most precious piece of land is no joke. Leaders in Hingham are prepared to allow the entrance to Worlds End to be dug up, bulldozed, paved and built upon and in the process most likely restrict access to this amazing treasure. And this folks is why Hingham has been declared the loser of round three of Cohasset vs. Hingham.

If you are unfamiliar with Worlds End, it's the piece of land on the far side of Hingham Harbor that isn't speckled with multi-million dollar homes. It's a 200+ acre peninsula, bordered on one side by Hingham Harbor and on the other by the Weir River. Following World War Two, the land was actually considered a possible place for the United Nations (think about that statement for a moment. In an area where the extent of diversity is only slightly more than blondes and brunettes they all most built the U.N.). Owned for many years by the Brewer family, the landscaping on Worlds End was designed at the end of the 19th century by famed landscape architect Fredrick Olmsted. Today the land is conservation land managed by the Trustees of Reservations.

Worlds End is freely accessible to all, but it isn't the easiest to get to as it's at the end of a narrow road. Parking there is quite limited, which helps keep the land unspoiled, and the time spent there that much more special. While I can't say this for sure, I can only imagine that many of the residents who live near the entrance to the park must be exasperated by the current flow of traffic. I can only imagine how expansion will impact them as the Trustees of Reservations want to build a visitors center and create a large parking area.

I will be the first to tell you that the non-profit group, Trustees of Reservations (the Trustees) does a magnificent job managing properties all throughout New England, but many of those properties are now only accessible by members or by paying a fee. Many of the properties managed by the Trustees are now wedding and banquet destinations, and with added facilities for concerts and other events. Bottom line, while the Trustees know land management, they also know how to turn a buck.

Let's make it perfectly clear, Worlds End may be in Hingham, but for decades it's been a gift to all the surrounding communities and we all are about to kiss goodbye the open accessibility that's been enjoyed for years.



JOHN MCSHEFFEY

Perhaps some in Hingham want a beautiful natural setting with good parking and a visitor's center, well if that's the case, they are in luck because they already have one. Wompatuck State Park is spectacular; it has a very nice visitor's center and ample parking. Additionally, it's all situated so that it's not impeding on the local residents. The beauty of the untouched waterfront in Worlds End should be left alone. In my humble estimation Hingham has much to gain by focusing efforts to beautify and expand the accessibility of the area from the bathing beach to the War Memorial Statue along Rt. 3A rather than disturbing what wasn't meant to be disturbed.

When the Brewer family donated the land that is Worlds End, they intended it to be used the way it's being used today. Recently the family publicly stated that the development plans is in stark contrast to what they desired when they donated the land rather than selling it. I'm sure the Brewers could have made a pretty penny selling the land to developers, but they refused. Unfortunately, Hingham leaders weren't so thoughtful.

Wait, on second thought, now that I think of it perhaps allowing expansion on to Worlds End isn't such a bad idea. I've been feeling nostalgic for Paragon Park recently, and I'm sure the view of Crows Point and the Hingham Yacht Club would be amazing from the top of a roller coaster or Ferris wheel. Don't scoff, once Pandora's Box is opened, the possibilities are endless. Want to walk your dog on Worlds end some weekend in June; sorry you can't because the Smith / Johnson wedding party is being followed up by the Acme Corporate outing.

The decision to allow initial development on Worlds End is a decision that impacts the entire area, not just the residents of Hingham. So unless Hingham leaders find a way to correct a wrong, they've just stuck it to all of us. Because of that, Hingham loses the third installment of Cohasset vs. Hingham and in the process we all lose too.

As always, thanks for reading, and don't worry about the future. If your kids want to know what Worlds End used to look like, they'll always be able to log onto the Hingham "Then and Now" Facebook Page to see the old photos.

—John McSheffrey has been part of the Cohasset community since 2007 and can be reached at jmc@aoi.com

BLOGS

Get in on the conversation

Go to the blogs section of our website and find a community that interests you.

Save The Date!

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music industry by storm! Boston's own
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Shively, 14, and Meadow Armstrong,
13, are about to explode onto the music
scene and become your next favorite girl
group!

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- Horoscope: B10
- Calendar: B11

QUESTIONS? Contact Sports Editor William Wassersug at 781-837-4577 or wwassersug@wickedlocal.com.

SPORTS NOTES

Send your stuff

The Cohasset Mariner sports department is always looking for a little extra hand.

Please send your story ideas, stories and photos to wwassersug@wickedlocal.com and follow him on Twitter @scifisportsug

BOYS BASKETBALL

Achieving one goal
Boys hoop qualifies for tournament

The Cohasset Mariner

The Cohasset boys basketball team is pretty much where it wants to be as the Skippers head into the stretch run of the regular season.

The Skipper accomplished one goal with a 63-53 win at South Shore League foe Abington late last week.

The win qualified the Skippers for the MIAA Tournament for the seventh

consecutive year, and eighth out of the past nine years.

The Skippers followed that victory with an impressive 62-58 win over Southeastern Regional Feb. 7.

In the win, junior Chase Bomeisler paced Cohasset with 19 points. Sophomore Thatcher Stone was not to be outdone, also netting 19 points.

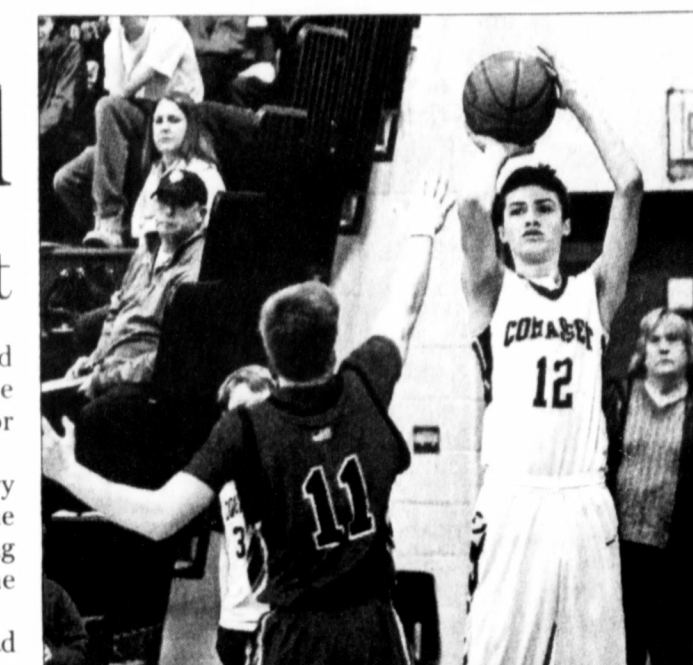
Cohasset improved to 11-5 with the Southeastern Regional victory.

With the 11-5 record and four games remaining the next step is to continue for a potential higher seed.

This was second victory for Cohasset against league opponent Abington, having won at home earlier in the season.

The fast paced game had Cohasset jumping out to a 16-11 first period lead with Bomeisler scoring 6 points to pace the Skippers in the

SEE GOAL, B2



Cohasset's Thatcher Stone fires a three-point shot against Abington on Saturday Jan. 28. The Skippers lost 69-62 in double overtime, but regrouped quickly to beat Abington Feb. 3. The win qualified the Skippers for the MIAA Tournament. Stone led Cohasset with 24 points against Abington. [WICKED LOCAL PHOTO/WILLIAM WASSERSUG]

GIRLS BASKETBALL

Skippers qualify for Tourney

The Cohasset girls basketball team qualified for the MIAA Tournament with a 44-38 win at Canton Wednesday night.

The girls improved to 11-7 with the victory.

Eight players scored for the Skippers, including Lauren Cunniff (13), Molly Greer (9), Hailey Chenette (6), MC Crumley (5), Elle Hansen (4), Deveney Curry (3), Zoe Doherty (2) and Isabella Farren (2).

COLLEGE SWIMMING

Kier at Connecticut College

Cohasset's Julia Kier has been swimming well for Connecticut College and recently posted victories in the 100 yard backstroke as well as the 500 yard freestyle with times of 1:00.08 and 5:06.99 in wins over Trinity, Wellesley and Wheaton.

ICE SKATING

Synchro Clinics/tryouts

Join the Colonial Synchronized Skating Team at Pilgrim Skating Club. Come skate with Coach Alex Nutty to see what all the fun is about.

All sessions to take place 11:30am-12:20 pm on Saturdays.

Dates for the clinics are February 11, March 18, April 1 and April 15 and are at Hobomock Arena in Pembroke.

The clinics are a lead-in and introduction before tryouts for the club which will be April 28. Price is \$20 per session for club members, \$25 for non-members.

For more information visit www.colonialfsc.com/synchro

THE U AT STAR LAND

Futsal

The Spring Thaw Futsal Tournament at the U at Star Land in Hanover will be March 3-5. Age groups are U10, U12, U14, U16 and U18.

Cost is \$200 per team. Each team is guaranteed three games. Teams will be placed in groups of four, with the top two teams in each group making the playoffs. Games will be 20 minute halves. There is also a 3v3 soccer tournament Feb. 20-22. There is a limit of four players per team. Age groups are U10, U12 and U14 with boys and girls divisions.

Cost is \$65 per team, \$50 if registered by Feb. 13. Registration deadline is Feb. 18. Games are 15 minutes long 3v3 mini-goals and teams are guaranteed three games.

For more information, contact Francis Mulken, fmulken@theuahanover.com (781-996-3053 xt. 110).

GIRLS HOCKEY

Righting the ship



Cohasset/Hanover's Nikki Chetwynde works against Scituate's Sheila Dunn during Wednesday's 8-0 win over Scituate at Hobomock Arena. [WICKED LOCAL PHOTO/WILLIAM WASSERSUG]

Girls blank Scituate, end three-game winless streak

By William Wassersug
wwassersug@wickedlocal.com

While the Cohasset/Hanover girls hockey team has already qualified for the MIAA Tournament, it has not been all smooth sailing the last week or so.

Cohasset/Hanover had gone through a bit of a rough stretch with two losses and a tie in their past three games, so when the girls faced Scituate Wednesday night, it was a chance to right the ship a bit against a team that has struggled a bit this season and was missing

SEE HOCKEY, B3

SWIMMING

Impressive showing



The Cohasset swim team takes a moment for a team photo. The team finished second at the League Championship meet and are gearing up for the postseason. [COURTESY PHOTO]

Appleton and Spicer set the pace for Skipper swimmers in second-place finish at League Championship meet

The Cohasset Mariner

Propelled by several athletes headed for sectional and state competitions, the combined Cohasset boys and girls swim teams finished their regular season

Saturday with a second place overall team finish at the South Shore League championship meet.

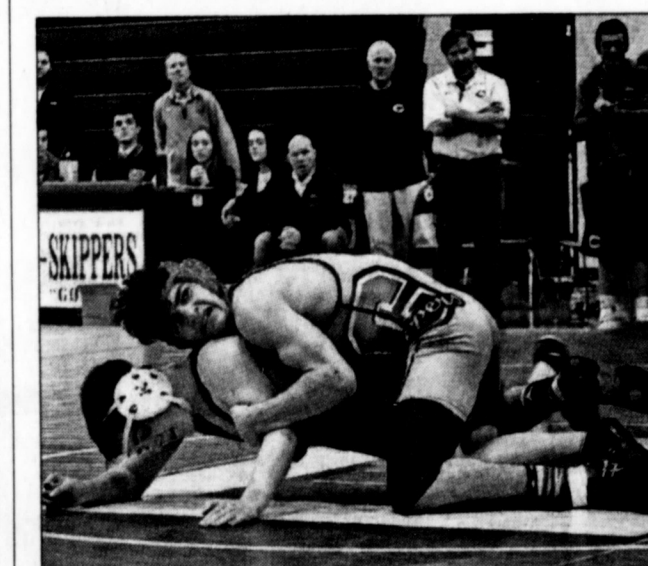
The girls squad narrowly finished in second behind Norwell by just 12 points. The meet wrapped a

successful season under second-year coach Bill Burnett and assistant coach Kim Spicer. A healthy number of returning and new swimmers turned out for

SEE SWIMMING, B3

WRESTLING

Keeping pace



Vladimir Tserlov with a win in double overtime against Sandwich. [COURTESY PHOTO/DENISE GUEMPEL]

Grapplers go 2-2 over week

The Cohasset Mariner

The Cohasset wrestling team continued to keep up a solid pace in a successful season.

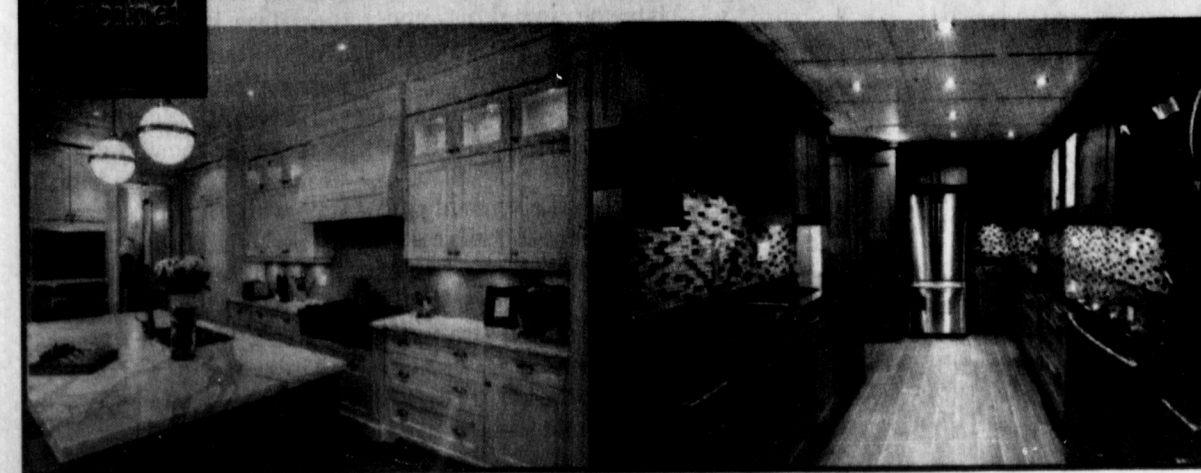
Last week, the wrestling team finished 2-2 with wins over Norwell on Wednesday night and Pentucket on Friday night. There were also

two losses Friday night to Wakefield and Georgetown/Ipswich in a very competitive quad against strong competition.

Winners in the 36-19 match over Norwell were: junior Grant Guempel, senior Dan Varney and freshman Dan Nolan.

SEE PACE, B2

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GOAL

From Page B1

quarter, Tommy Carrabes had 6 and Thatcher Stone scored 4 to round out first quarter scoring.

It was a back and forth second period with the first half ending on a three pointer by Abington as time expired to leave Cohasset up two points.

The third period again was tight with both teams hitting shots, however Cohasset came out on top with Stone dropping 9 points in the frame and Bomeisler adding 4 to extend the Skipper lead to 4 points entering the fourth period.

From there, the Skippers took control.

Cohasset went on a quick run early in the fourth and the lead swelled to 10 points with two minutes to go and Cohasset ran out the clock.

Down the stretch, Cohasset hit some key buckets and Bomeisler made four-of-five from the line, bolstered by a big three from Stone to Cohasset closed out the

period 13-7.

Stone ended up as Cohasset's high scorer with 24 pts, shooting 47 percent from the floor while Bomeisler continued his scoring and rebounding pace scoring 21 and dominating the boards with 17 total rebounds -11 on the defensive end and 6 offensive.

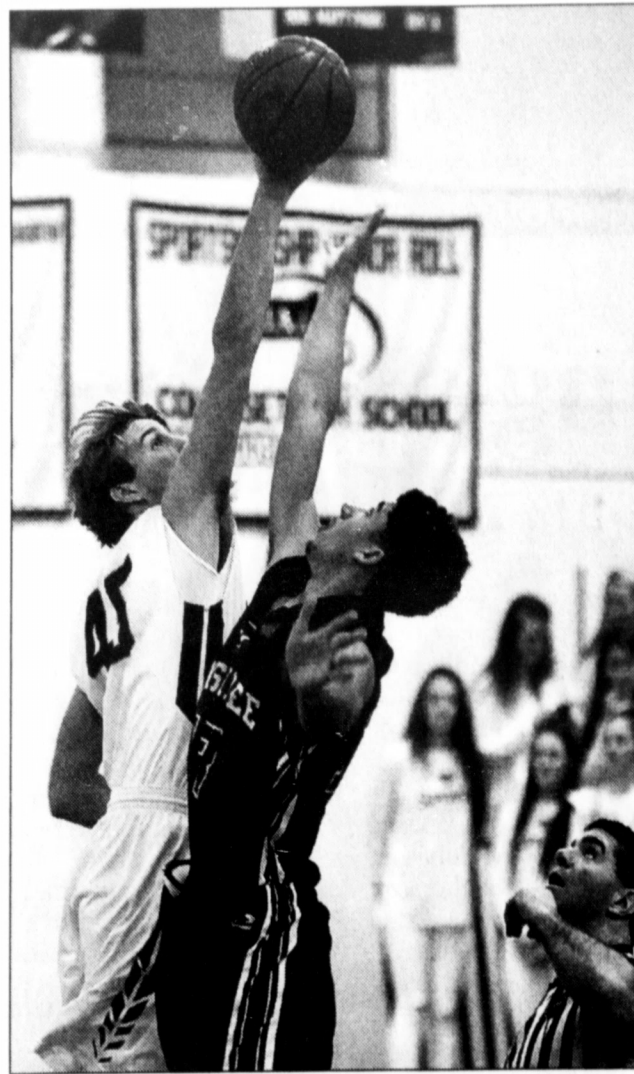
Carrabes had another solid night on the backboard pulling down 10 rebounds.

Floor General and captain Liam O'Connell again led the team in assists with 17 and continued in playing his usual stellar defensive game.

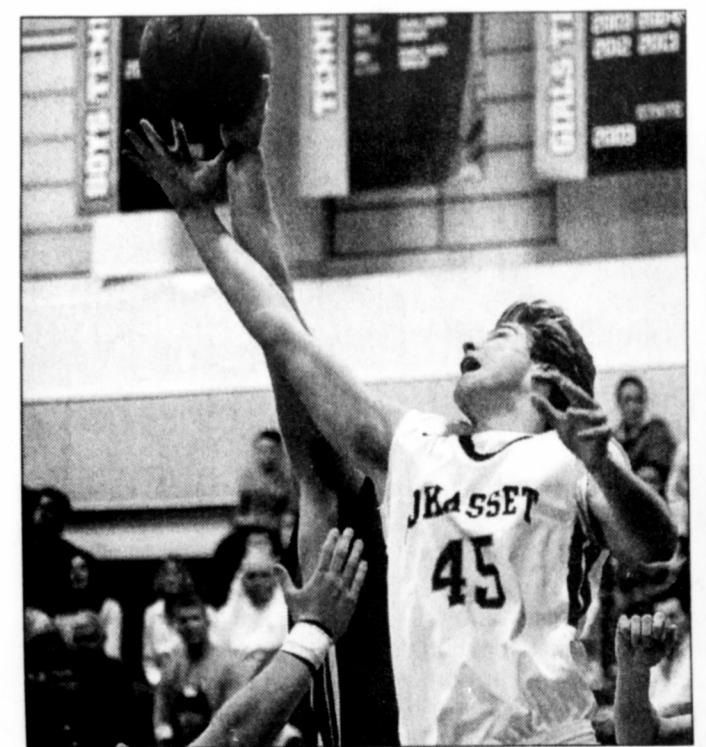
Cohasset coach Bo Rugiero was pleased with the Abington win.

"I'm very pleased with the energy the team played with tonight and happy to have this group qualify for the tournament," he said. "It was our first goal. Now we want to get into the teens with victories - It always good with you see your team in the teens."

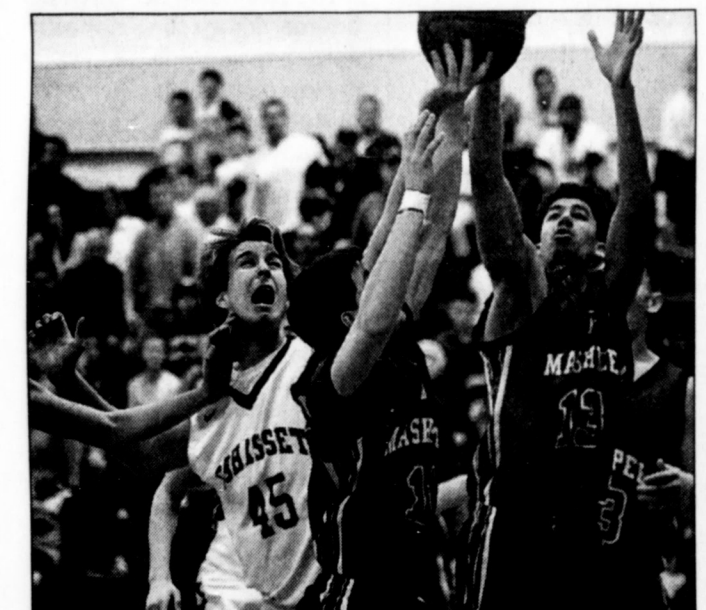
The Skippers host Hull Friday Feb. 10 at 6:30 p.m.



Cohasset's Chase Bomeisler and Mashpee's Michael Barrows tip-off in overtime Saturday. (WICKED LOCAL PHOTO/WILLIAM WASSERSUG)



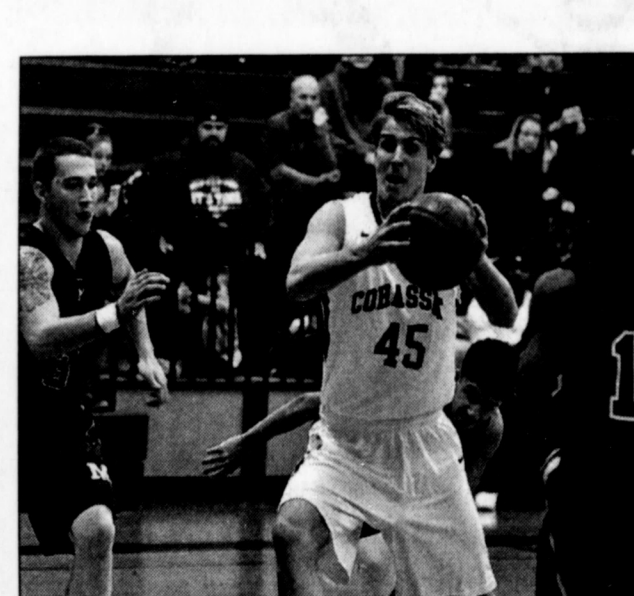
Cohasset's Chase Bomeisler rebounds against Mashpee. (WICKED LOCAL PHOTO/WILLIAM WASSERSUG)



Mashpee's Michael Barrows and Michael Fraser, along with Cohasset's Chase Bomeisler rebound on Saturday. (WICKED LOCAL PHOTO/WILLIAM WASSERSUG)



Sam Lello protects the ball against Mashpee. (WICKED LOCAL PHOTO/WILLIAM WASSERSUG)



Cohasset's Chase Bomeisler makes a move to the hoop against Mashpee. (WICKED LOCAL PHOTO/WILLIAM WASSERSUG)

TENNIS

Mity Hill wins Wharton Cup



Wharton Cup Finalist Dan Oliveira, Head Professional and world ranked Mike Gooding, tournament director Ted Grille, and this year's Champion Mity Hill. (COURTESY PHOTO)

Skipper star returns to top-10 ranking

The Cohasset Mariner

Mity Hill returned to the top 10 in the USCTA National Junior Rankings winning the Wharton Cup in Newport, Rhode Island at the Newport National Tennis Club last weekend.

The Cohasset High School sophomore opened with a straight set victory over Chase Yardley and then eked out three set victories finishing with a 6-4, 5-6, 6-4 over fellow TRC member Dan Oliveira in the finals to claim the gold.

TOURNEY

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16 points with 5 games remaining to get to the 20 points needed to qualify for the State Tournament.

In the Abington game, after a scoreless first period, senior Thomas Durkin put the Skippers up 1-0 with a beautiful one-time goal assisted by sophomore Connor Joslin.

Senior captain Michael Cohen added to the lead on a feed from junior Kyle Ferreira.

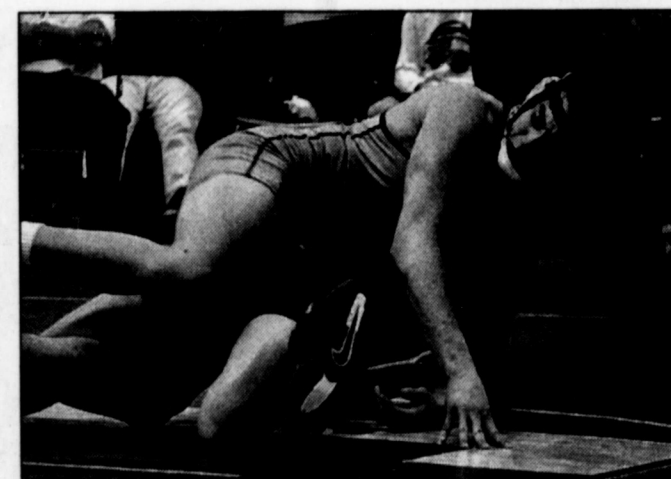
Sophomore Matthew Lund made it 3-0 with less than 30 seconds remaining in the second period. Senior Brad Winn assisted on the

goal.

A third period characterized by penalties and some missed assignments allowed Abington to score twice and make the game interesting, but the Skippers held on for the victory.

"We certainly won't be awarded any style points for the way tonight's game ended, but we took care of business and put ourselves in a better position to qualify for the State Tournament," Cohasset coach Phil Mahoney said. "We have 16 points and need 4 more from a schedule with 5 games/10 points available."

The Skippers host Whitman-Hanson Saturday Feb. 11 at 8 p.m. at Weymouth's Connell Arena.



Captain Mike Nolan with a pin against Pembroke. (COURTESY PHOTO/DENISE GUEMPEL)

PAGE

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Freshman Sam Fox had big pin and his fourth varsity win as did eighth grader 195 pound Drew Dockeray who picked up his third varsity win along with taking eight important forfeits this season.

Soph. (182) Eoghan Casey picked up his first varsity win this season and in the battle of rivals Lado Tserelov beat Jake Cuneo and now holds a 2-1 edge on the returning state qualifier.

In the competitive 38-35 Pentucket match, every win counted. Nolan won a 12-3 major decision to get the Skippers started and first year Soph. 132 pound Turner Martell earned his eighth win of the season with a pin.

Tserelov pinned his opponent for his 20th win of the season.

Guempel pinned his team leading 28th win of the season.

David Burke, wrestling up one weight at 160 all season picked up his tenth win of the year.

Burke won in dramatic fashion. Trailing 7-0 with less than a minute left, he hit the secret leg role and surprised his opponent with the pin.

Freshman Adam Willmott won his second match of the night (and eighth of the year) to clinch the victory for the Skippers.

In the Georgetown loss, the only winners were, Martell with his second of the night, Nolan his first of two wins on the night and Tserelov also his second of the night.

In the Wakfield loss sophomore 145 pounder Aaron Froio filled in and picked up a varsity win with a big pin. Guempel pinned his second wrestler of the night. Mike Nolan won a big overtime match breaking the 8-8 tie with a takedown.

Willmott finished the evening with a big pin and his second win of the night.

The Skippers travel to Foxboro on Saturday to compete in the Division 3 South Sectionals where the top five wrestlers in each weight class will qualify for the state tournament.

The South Section has become the most competitive section in the Division 3 state with 16 quality teams.

The Nolan brothers both finished fourth in the section last season on their way to States.

They will need to rely on that experience to push through again in this deep field of south wrestlers.

FAB FOUR

Week 9 Basketball Power Rankings

Braintree takes both top spots

By Chris McDaniel

CMcDaniel@wickedlocal.com

The Braintree boys entered the season as the No. 1 team in the preseason polls.

The Wamps have finally made it back there thanks to a six-game win streak and last week's ranking in parenthesis.

The rest of the top four on the boys' side is filled with Division 3 South Sectional hopefuls.

On the girls' side, Marshfield finally breaks its way back into the poll. Braintree, Hanover and Abington hold steady at the top three spots.

Records as of Sunday and last week's ranking in parenthesis.

Boys

1. Braintree (9-5, 4) - There is not a hotter team in the state right now than Braintree. The Wamps handed Needham its first loss of the season on Friday to clinch a tournament spot. Since a 3-3 start, Braintree has rattled off six consecutive wins in the difficult Bay State Conference. The Wamps are a strong sleeper pick in the Division 1 South Sectionals.

2. Norwell (11-2, 3) - The Clippers picked up a nice win over Cohasset last week. The month of February is filled with tough teams for the Clippers. Norwell is in contention for the top seed in Division 3 South. If the Clippers win out, they'll be more than deserving of the top spot.

3. Rockland (10-5, 2) - The Bulldogs had a light week last week with just a win over Middleboro. There's a lot of similarities between the seasons that Braintree and Rockland are having. Both teams are likely to have lower seeds in the tournament, but both have just as good a shot as

anybody to make a deep run.

4. Hanover (12-3, 1) - The Indians fell to a Duxbury squad fighting for its tournament life. Hanover still has control of the Patriot League Fisher Division race, but the crown may be decided on Feb. 14 when second-place Scituate comes to town.

On the bubble: Scituate (10-5), Silver Lake (9-5), Cohasset (10-5), Hingham (7-7), Carver (8-7)

Players of the week

Aidan Sullivan, Soph., Scituate: Sullivan scored 29 points in a losing effort against Whitman-Hanson on Jan. 31.

Anthony Peacock, Jr., Braintree: Peacock scored 28 points to lead the Wamps past Framingham, 73-65, on Jan. 31.

Tyler Spencer, Jr., Pembroke: Spencer scored more than half of Pembroke's points in a 66-52 loss to Hingham on Jan. 31. The guard finished with 29 points, 11 coming in the fourth quarter.

Logan Larsen, Sr., Hingham: Larsen finished with a big double-double (20 points, 16 rebounds) in a win over Pembroke on Jan. 31.

Chris Willis, Sr., Carver: The guard became the ninth player in school history to reach the 1,000-point plateau as he scored 33 points in Friday's win against East Bridgewater.

Thatcher Stone, Soph., Cohasset: Stone scored 24 points in Friday's 53-43 win over Abington. The win clinched the Skippers' seventh consecutive tournament berth.

Hunter Wardwell, Eighth-grade, and Tim Mathison, Fr., Sacred Heart: The young duo each scored 24 points in a 68-55 win over Tri-County on Jan. 30. Wardwell is from Hanover,

while Mathison hails from Scituate.

Friday's game of the week - Randolph at Rockland, 6:30 p.m. - After a 1-5 start to the season, a tournament berth for Randolph started to look out of the question. But the Blue Devils have gone 6-3 in their last nine games with those losses coming against Norwell, Cohasset and Rockland. Randolph started the week at 7-8 needing three wins to get back into the post-season. Rockland is playing for the South Shore League Sullivan Division title. The Bulldogs control their own fate in the league title race and winning their final two league games would give them the crown.

Keelah Dixon, Sr., Braintree: The guard scored 20 points in Friday's 74-60 victory at home against Needham.

Hailey Blasetti, Jr., Hingham: Blasetti finished with 15 points, nine rebounds, and six assists in Friday's 39-30 win over Duxbury.

Girls

1. Braintree (12-2, 1) - The Wamps continue to roll and added two more wins to their tally last week. All 12 of Braintree's wins have come by 10 points or more.

2. Hanover (12-1, 2) - Hanover currently has control of the No. 1 seed in the Division 3 South Sectionals. With that sectional looking like one of the deeper ones around, that top seed is very important.

3. Abington (14-2, 3) - The Green Wave entered the week on a seven-game winning streak. During that stretch, Abington's smallest margin of victory is 19 points.

4. Marshfield (11-2, NR) - It took a long time for the Rams to get back in the top four but Marshfield has continued to play well since the jump. On Tuesday, the Rams played for the Atlantic Coast League title against rival Falmouth. The Division 1 South Sectionals is looking like one of the smallest in the South, meaning seedings and matchups could go a long way in determining who makes a run.

On the bubble: Hingham (10-4), Rockland (12-4),

Norwell (9-4), Carver (10-6), Cohasset (10-7), Pembroke (8-7)

Players of the week

Kristin Vierra, Fr., Norwell: The guard scored 21 points in Wednesday's 46-24 win over Cohasset.

Katie Galligan, Fr., Pembroke: Galligan scored 21 points in Friday's 62-49 win over Plymouth South.

Lauren Farren, Morgan Landin, Lindsey Beiche and Katie Talaceri all scored single goals and Callie Hoadley chipped in two goals for Cohasset. Hanover.

"It was a really tough game," Cohasset/Hanover coach Deb Beal said. "We have not been scoring."

Over the past three

HOCKEY

From Page B1

their starting goalie.

The game was never close as Cohasset/Hanover jumped out to a 3-0 lead after one period on the way to an 8-0 win at Hobbins Arena in Pembroke.

Alyssa Wilcox scored the first goal shortly into the first period.

She added a second goal. Lauren Farren, Morgan Landin, Lindsey Beiche and Katie Talaceri all scored single goals and Callie Hoadley chipped in two goals for Cohasset. Hanover.

"It was a really good comeback game," she said. "The team needed it. It built some extra confidence with the tournament coming up."

Cohasset/Hanover improved to 11-3-2 with the win.

SWIMMING

From Page B1

Cohasset this year increasing the total number of Skipper swimmers to 46 athletes - one of the largest squads in Cohasset swimming history.

"It's been fun to see the improvements our athletes have made since the beginning of the season," Burnett said. "The team rallied well this past weekend. We had more top-three finishes at Leagues compared to last year which proves our program is working in developing stronger swimmers."

Norwell won the meet with 617 points for their combined teams, followed by Cohasset at 555, Middleboro 494, Randolph 284, and Rockland 210.

Top Individual Cohasset performances included:

Emily Appleton, first place, 500 freestyle; second place, 200 freestyle

Hanna Burnett, second place, 100 backstroke; third place, 200 IM

Madeline Littlejohn, third place, 500 freestyle; third place, 100 breaststroke

Sean McElhinney, third place, 100 freestyle

games. Cohasset/Hanover lost 7-0 to Whitman-Hanson/Silver Lake, were on the wrong end of a one-sided loss to Ursuline and tied Norwell 2-2.

"It was nice to grab the tie from Norwell on Senior Day," Beal said. "Tonight we put together another piece of the puzzle."

Sarissa Fazio had the shutout in net.

Cohasset/Hanover senior captain Callie Hoadley, the leading scorer in program history, felt the win was an important one.

"The team needed it. It built some extra confidence with the tournament coming up."

Cohasset/Hanover improved to 11-3-2 with the win.

Dean Spicer, first place, 500 freestyle; first place, 100 butterfly

Nicky Tolosko, first place, 100 freestyle; second place, 50 freestyle

Abby Thomas, second place, 100 freestyle; second place, 100 butterfly

Lena Welch, second place, 200 IM; second place, 100 breaststroke

Joe Weiman, first place, 100 freestyle; third place, 200 IM

Both Appleton and Spicer set new League Meet records in the 500 freestyle event, clocking 5:21.72 and 4:48.12 respectively in the event.

In the 200 medley relay, the Cohasset girls (Appleton, Welch, Tolosko, Littlejohn) earned a state qualifying time of 2:03.52.

A squad of four girls and two boys will now turn their attention the sectional meet this weekend at MIT and then to the MIAA state championships at Boston University next weekend.

"We have a high energy, fun group of kids swimming this year. It's been a solid season," said Burnett, "I am looking forward to what our athletes will do against stronger state-wide competition this month."

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HEALTHY LIVING

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HEALTH



SKIN CANCER

By Beth Doyle
bdoyle@wickedlocal.com

The jury's still out as to whether an annual skin check at the dermatologist is necessary for everyone.

Although the U.S. Preventive Service Task Force concluded in July 2016, "the current evidence is insufficient to assess the balance of benefits and harms of visual skin ex-

amination by a clinician to screen for skin cancer in adults," the American Academy of Dermatology recommends total body skin examinations, especially for those individuals with a prior history of skin cancer and individuals at higher risk for developing skin cancer.

Whether you get checked annually or not, being aware of the different risk factors for developing skin cancer and

knowing what to look for can only be beneficial.

"There are a large number of people, particularly in our area, who are from Irish, English, Swedish and Scottish backgrounds who have very fair skin," Dr. Richard F. Eisen, of South Shore Skin Center, said. "The color of your skin correlates with the risk of skin cancer as does the color of your eyes and hair."

Melanin, the pigment responsible for the amount of color in your skin, absorbs ultraviolet light rays, Eisen explained. The more melanin you have, the more color your skin has. The darker the color of your skin, the more rays are absorbed by the melanin, which prevents them from damaging your skin.

"People with blue eyes, green eyes, blond hair or redheads tend to have less melanin in their skin. They don't tan as well, they burn more often than tan, and suffer more damage from ultraviolet light," Eisen said.

Who's at risk?

"Certainly if you're Type I or II there's an increased risk of skin cancer," said Eisen, referring to the Fitzpatrick skin type classification system.

Thomas B. Fitzpatrick M.D., Ph.D., the chairman of the Department of Dermatology at Harvard Medical School and Chief of Dermatology at Massachusetts General Hospital from 1959 to 1987, developed this classification system in 1975 based on a person's skin color and response to sun exposure in terms of degree of burning and tanning.

Type I: always burns, never tans
Type II: mostly burns, sometimes tans

Type III: mostly tans and occasionally burns

Type IV: tans easily, less likely to burn

Type V: tans easily, rarely burns

Type VI: does not burn Although people with skin Types V and VI are not likely to burn, they are still at risk for skin cancer, including melanoma.

Other risk factors

According to Eisen, the following are additional factors that contribute to an increased risk of developing skin cancer:

- People who have more than 50 moles
- People who have had multiple sunburns, particularly blistering sunburns occurring before the age of 18
- People who have used tanning beds
- People with a personal or family history of skin cancer
- People with outdoor occupations

What to look for

Eisen stressed the importance of noting and getting checked anything on your skin that wasn't there before, and particularly something that's changing.

"If you develop a new growth - it could look like a pimple, a scar or an ulcer - anything that persists for longer than you would expect is something you should have checked either by your primary care physician or a doctor with training in dermatology," Eisen said.

Usually skin cancers grow while normal skin growths usually do not change or grow very slowly, Eisen explained. Basal cell and squamous cell cancers sometimes bleed and they're sometimes painful,

although mostly not, he added. And they tend not to heal.

"There are 3.3 million cases of basal cell and squamous cell skin cancers diagnosed each year versus 76,000 cases of melanoma diagnosed each year," Eisen said. "As far as melanoma goes, it can develop in a pre-existing mole, or it could develop on normal appearing skin without a pre-existing mole."

Warning signs of melanoma

The warning signs of melanoma can be as easily remembered as your ABCs. Eisen described the following characteristics to look for when examining your moles:

A - Asymmetry: If you draw a line through the middle of a spot or mole on your skin, and both sides aren't the same.

B - Border: In a normal mole, the border is smooth; in an abnormal mole, the edges can be ill-defined or irregular in shape.

C - Color: Typically, most moles have one color, Eisen explained. Abnormal moles can have different shades of pigment - sometimes two different shades of brown, sometimes black pigment, sometimes red or white.

D - Diameter: Typically, normal moles are less than an eraser head in size - about 6 millimeters or 1/4 inch, Eisen said. "The most common type of melanoma, superficial spreading, is larger than an eraser head and con-

tinues to get bigger, however, you can't go by that criteria for all melanomas," Eisen said. "There's another kind called nodular: Those appear very quickly and grow very quickly."

E - Evolving: "The key is that it's changing, it's evolving, it's not static," Eisen said.

What you can do

Eisen suggests using Mole Mapper, a cell phone app that can help you map, measure and monitor the appearance of moles on your skin.

"It's helpful as it's hard to remember exactly what things look like just in your mind's eye," Eisen said. "If there are changes in size, shape or color, it's something to get checked."

Mole Mapper is available through Apple's App Store and on Google Play store.

Richard F. Eisen, M.D., is a Board Certified Dermatologist, Mohs Micrographic Surgeon and former Associate Professor of Dermatology at Tufts University Medical School. He is a fellow of the American Academy of Dermatology and a member of the Massachusetts Medical Society. He is a recognized expert in laser therapy and skin cancer surgery and is a fellow of the American Society of Dermatologic Surgery and American Society of Lasers in Medicine and Surgery. He is on staff at South Shore Hospital and Beth Israel Deaconess Hospital-Plymouth.

HEALTH

LYME DISEASE

Cooler weather is when ticks thrive

By Melissa Erickson
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While cold weather may kill off mosquitoes, ticks remain a year-round threat.

"Ticks are sewers of infection, and Lyme is only one of

the diseases ticks carry. You don't want to be bitten by a tick," Dorothy Leland, vice president, LymeDisease.org, said.

About Lyme

Lyme disease is at an all-time high, with 38,069 reported cases in 2015, according to the Centers for Disease Control and Prevention. However, the estimated number of cases is thought to be 10 times as high as officially reported cases, which would put the estimate at 380,000, the agency said. The difference is because the CDC does not include all numbers turned in by state and local governments, for example because of estimates based on sampling, Leland said.

Because Lyme can manifest itself in many ways, it is often misdiagnosed. A circular rash and flu-like symptoms are typical, but odd symptoms that don't fall into a pattern occur, too.

"It's not always easy to categorize and its symptoms often mimic other diseases," Leland said.

Plus, there is no definitive test for Lyme and false-negative testing is always a possibility, she added.

Often called the great imitator, Lyme disease "can burrow into any organ of the body - the brain, heart, muscles and joints, gastrointestinal and nervous systems," Leland said.

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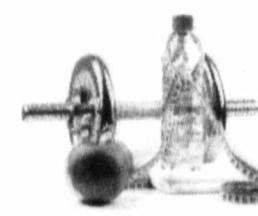
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Thwarting ticks

The ticks that spread Lyme disease are most active during fall and winter, according to the Companion Animal Parasite Council.

Ticks thrive virtually everywhere in the country, with different species preferring different locales. While ticks are commonly found in heavily wooded areas, they also thrive in domestic settings such as gardens, landscape plantings and backyard grasses. Experts estimate that the majority of people who contract tick-borne diseases came in contact with the tick that made them ill right in their own backyards.

"It's not just deer that carry the ticks that spread Lyme disease. Other small rodents like mice can carry it, too," Leland said.

Your highest risk of encountering a tick would be by sitting on a downed log, leaning against a tree trunk or gathering firewood, she added.

According to LymeDisease.org, here are some ways to reduce the ticks on your property:

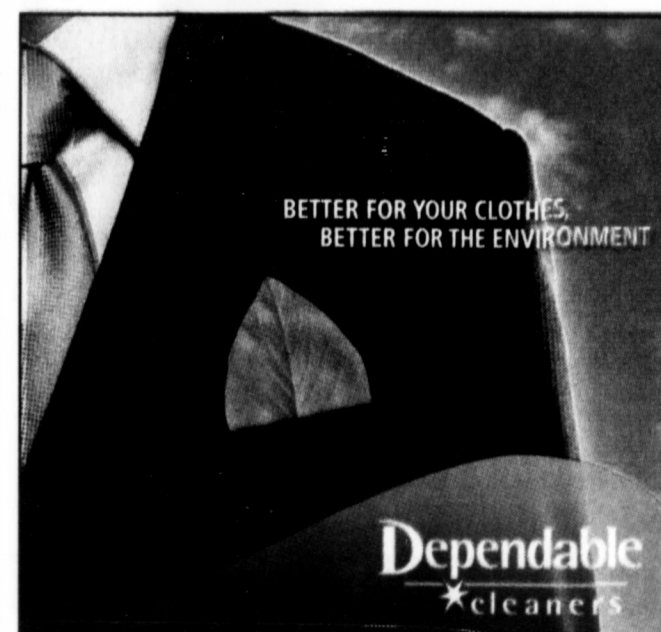
- Prune trees.
- Clear brush.
- Remove litter.
- Mow grass short and let it dry thoroughly between waterings.
- Move shrubbery and overgrowth further from areas frequented by people.
- To make your property unattractive to animals that are hosts to ticks:
 - Eliminate bird feeders, birdbaths and salt licks.
 - Erect fencing around the property.
 - Clear away woodpiles, garbage and leaf piles.
 - Remove stone walls that provide homes to wildlife.
 - Have your property chemically treated.

When outdoors, dress defensively with shoes, socks, long pants and sleeves, Leland said.

"Clothing that is pretreated with the repellent permethrin



can be bought at outdoors stores and lasts through about 70 washings. Or, you can buy permethrin spray and treat clothes yourself," Leland said. Repellents that include DEET are recommended by the CDC, but more natural options like picaridin or lemon eucalyptus oil work, too.



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587 Washington Street
Weymouth, MA 02188
(781) 340-3938



Robert E. Lincoln, D.M.D.
Joseph S. Leibovici, D.M.D.



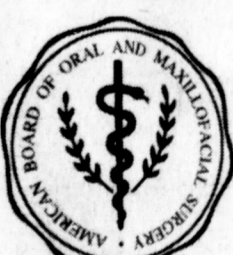
John C. Cataudella, D.M.D.
Tony M. Rubeiz, D.M.D.

The American Board of Oral and Maxillofacial Surgery
Congratulates
Tanios Rubeiz, DMD & Robert Lincoln, DMD
For Successfully Completing the
2015 and 2016 Recertification Examination

CHICAGO, IL (11/17/2016) - The American Board of Oral and Maxillofacial Surgery (ABOMS), the only ADA recognized certifying board for the specialty of oral and maxillofacial surgery in the United States, congratulates Dr. Rubeiz and Dr. Lincoln in successfully completing the Recertification Examination as a component in the ABOMS Certification Maintenance (CM) program.

The CM program demonstrates and validates our Diplomates' continuous process of learning, self-assessment and testing over their most recent certification. This program affirms a Diplomate's continued competency after certification and contains four areas of assessment: evidence of professional standing, evidence of lifelong learning and self-assessment, evidence of cognitive expertise and evaluation of performance in practice.

Dr. Rubeiz, a graduate of Boston University's Goldman School of Graduate Dentistry, and Dr. Lincoln, a graduate of Tufts University School of Dental Medicine, practice at Oral Surgery South, with fellow partners, Dr. John Cataudella and Dr. Joseph Leibovici. Oral Surgery South has offices in Quincy, Norwell and Plymouth. The four doctors, all Board-Certified, are committed to upholding the highest standards of professional achievement in their practice.



About ABOMS

The American Board of Oral and Maxillofacial Surgery is the certifying board for the specialty of oral and maxillofacial surgery in the United States. The ABOMS is recognized and approved by the Council on Dental Education of the American Dental Association. The Board has over 5,000 Diplomates and promotes the delivery of superior health care through certification and maintenance of certification processes.

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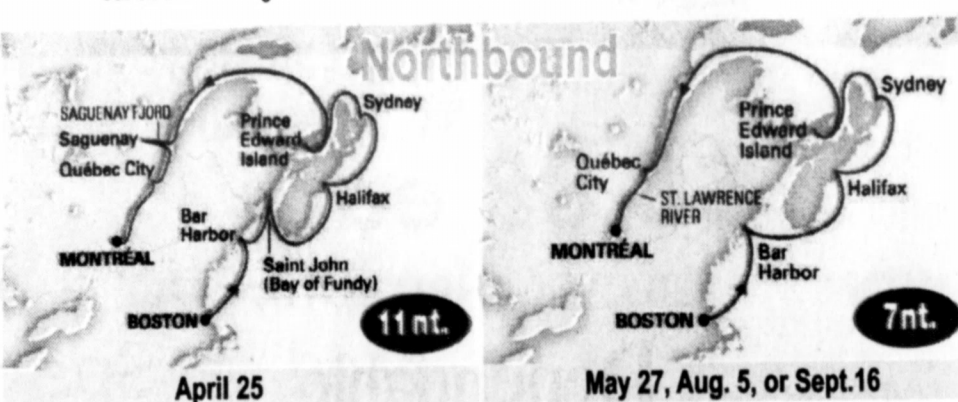
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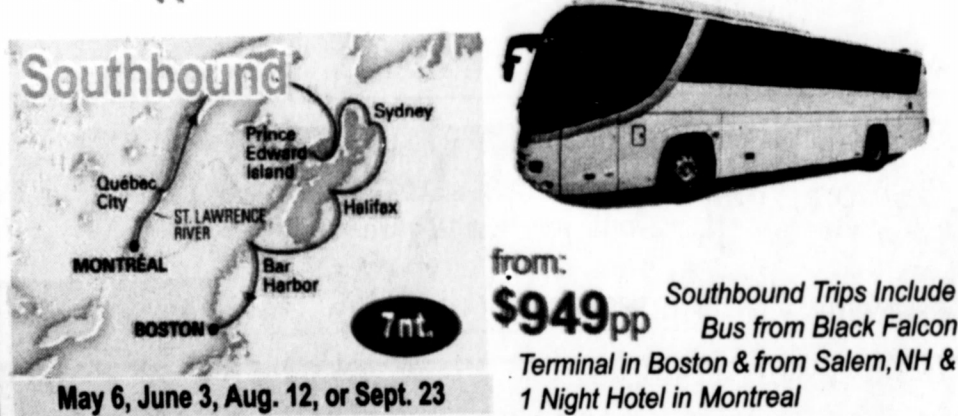
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 from: **\$899pp** May 27, Aug. 5, or Sept. 16



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 Government tax & fees additional. Fares are in US dollars per person, based on double occupancy and are subject to change at any time. Changing the dates may change fares. Fares do not include Taxes, Fees & Port Expenses. Pricing and availability subject to change without notice. Steamship availability and advertised rates vary by ship and category.

GIMME SHELTER



Hunter is going to charm you with his good looks and warm personality. Don't hesitate to go and meet him. (COURTESY PHOTO)

Hunter is a handsome, exotic guy

By Joanne Berman

This week's pick of the litter features one handsome fellow named Hunter. He was a stray who came to Hull Seaside Animal Rescue a few weeks ago from a triple-decker in Dorchester. He was allowed by residents to roam and hang out in the stairwell so he would at least be out of the cold. This boy is not an ordinary tiger cat. He is what is known as a "Ticked Tiger." He does not have stripes all over, but rather on his legs, neck and tail. Each individual hair on his body has stripes, which give him an exotic, almost Abyssinian appearance. His green eyes and graceful build make him a very striking young boy.

Hunter couldn't be

more loving but he really isn't fond of other cats. At 2-years-old, Hunter is up to date with shots, neutered and ready to go to a loving home where he can enjoy the attention of being an only cat.

You can learn more about Hunter as well as the other cats and kittens we have available for adoption online at www.hsar.org, or by visiting us at 487 Nantasket Ave. in Hull. Open hours are Monday nights, 6:30 to 7:30 p.m., and Saturdays, 2-3 p.m. If these times are not convenient for you, special appointments can be made by calling our adoption coordinator at 781-534-4902.

Hull Seaside Animal Rescue is a no-kill cat shelter that relies solely on donations, grants and fundraisers. If you would like to make a tax-deductible

donation, you can do so easily on our website (hsar.org), or mail a check to HSAR, P.O. Box 787, Hull, MA 02045.

Update

I just would like to give an update on a lovely cat who has been living at the shelter for 9 months. Crystal is completely deaf and didn't really enjoy other cats in the shelter. Needless to say, she had been with us for way too long. Well, she finally found her very own forever home and we couldn't be happier for her. Thank you to her adopters for seeing the beauty and love in this sweet girl!

—Joanne Berman is a volunteer at Hull Seaside Animal Rescue and regular columnist.

APPLAUSE

CHS first-quarter honor roll

The following students were named to the first-quarter honor roll at Cohasset High School:

Grade 10

■ **High honors:** Jessica Adley, Olivia Budington, Katarina Dutton, Jackson Fitzgerald, Jenna Herman, Caroline Hess, Michael Hill, Rebekah Kristal, Margaret Lucier, Matthew Lucitt, Scott Lucitt, Matthew Lund, Lucie Novelline, Thomas Olson, Lauren Scott, Joseph Szedell, Nathaniel Thomas, Ann Toomey, Elise Wimberly and Elizabeth Zheng.
 ■ **First honors:** Elizabeth Arnold, Nathaniel Arnold, Hanna Burnett, Lily Burnett, Jane Cavanaro, Morgan Cingari, Brendan Cooper, Anna Currie, Dimitri Di Lillo, Ian Dunkelberger, Caleigh Durkin, Mason Fitzgerald, Aaron Froio, Mollie Gilbert, Benjamin Grimes, Lane Hixson, Maeve Humphrey, Connor Joslin, Joseph Kenealy, Brendan Lewis, Christopher Longo, Turner Martell, Andrew McSheffrey, Tyler Mulhern, Julia Placek, Marcus Rowland, Nicholas Simone, Cole Speer, Dean Spicer, Emma Stephens, Diana Sturdy, Henry Thomas, Allison Tolosko, Ian Turpel, Holly Van Etten, Lydia Vigneau and Bridget Wixted.
 ■ **Second honors:** Bradley Albanese, Samuel Albino, Lindsey Beiche, Bridget Burke, Eoghan Casey, India Cummings-Myers, Joseph Donoghue, Elizabeth Hansen, Olivia Hansen, David Lemoine, Mark Mahoney, Caroline McManus, Michael Milanski, Rachel Regan, Courtney Shanley, Sophie Swartwood and Sofia Whetstone.

Grade 11

■ **High honors:** Chase Bomeister, Mary Crumley, Matthew Dickey, Jillian Forrester, Oliver Hanke, Colby Litchfield, William Osten, Lucy St. Sauveur and David Tierne.
 ■ **First honors:** Grace Alves, Alexander Arnold, Madison Beach, Owen Bleicken, Thomas Carrabes, Montanna Cassel, Aidan Chamberlain, Caitlin Conrad, Olivia Coveney, Maximilian Davis, Zoe Doherty, Brian Doyle, Michael Fechter, Samuel Gaine, Grant Guempel, Patrick Hagearty, Elle Hansen, Benjamin Healey, Jake Koncius, Samuel Lelio, Emma Loft, Jack Mahoney, Kyle McFetridge, Sullivan Mulhern, Victor Najjar, Margaret Norton, Halle Pratt, Katherine Quigley, Deanna Rath, Cameron Ritz, Henry Snyder, Andrea Solanas De Vicente, Samuel Sullivan, Harrison Timothy, Lena Welch and Joseph Wellmann.
 ■ **Second honors:** Derek Bennett, David Burke, Kiley Crough, Luca Curatola, Brooke Driscoll, David Driscoll, Kyle Ferreira, Noah Froio, Liam Geyer, Emily Gowell, Makayla Kerivan, Brent Landquist, Elizabeth Lydon, Jack Macmillan, Emily Moy, Kaitlyn Patterson, Kyle Pontes, Cora Quinlan, Joshua Rosen, Grace Ryan, Brianna Smith, Andrew Sullivan, Ryder Sullivan and Scott Whelan.

Grade nine

■ **High honors:** Emily Appleton, Ethan Bartucca, Sydney Childs, Virginia Coffey, Jake Cosentino, Anna Davis, Camille Dominguez, Nanyantara Dutta, Lauren

Grade 12

Farren, Carolyn Ford, John Ford-Centeio, Madeline Grudinkas, Kathryn Hassan, Taylor Herndon, Page Hewitt, Margaret Hoffman, Samuel Kefallinos, Elena Marcelli, Olivia McAlarney-Gross, Colin McFetridge, Jessica Moy, Andre Neubert, William Norton, Yukika Nozawa, Sarah Rice, Alexandra Rowe, William Seavey, Benjamin Smith, Noah Sullivan, Lieren Vigneau and Megan Wong.

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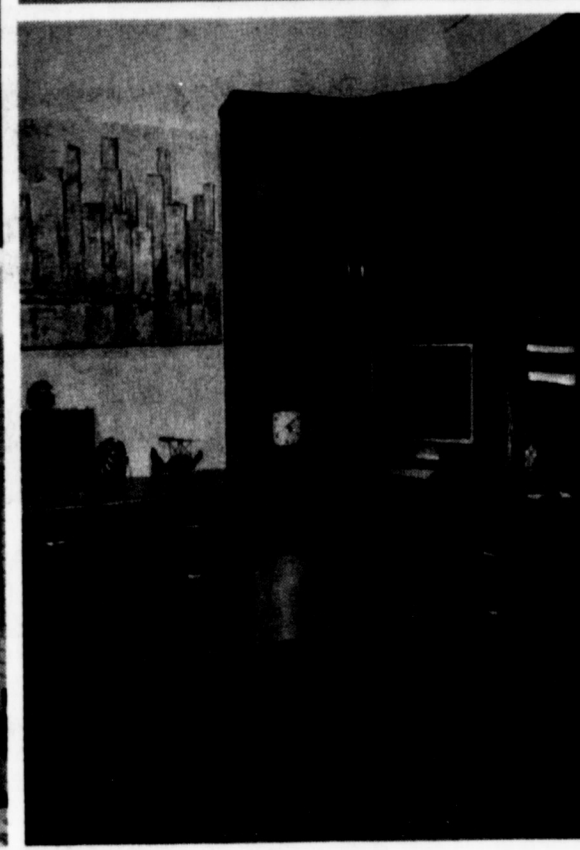
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SAVE THE DATE!

Saturday, March 4, 2017
 8:00am - 12 noon
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Experience the latest in home trends at Wicked Local U: Home!

Join us at this **FREE** event and learn tips, tricks and how to's from local home and design experts!

Featuring Keynote Speakers

Dean Marsico
 and
 Derek Stearns
 from DIY & HGTV

Dean & Derek

Workshops Include:

• **Fall in Love with Your Home Again**
 Allison Tilly Carswell & Andrea Canty
 Red Door Designworks

• **Trends in Interior Design**
 Linda Merrill
 Linda Merrill Decorative Surroundings

• **Basic Home Repair**
 Bryan Tucker

RedDoor
 DESIGNWORKS

Linda Merrill
 DECORATIVE SURROUNDINGS

More workshops to come focused on DIY, Design and Outdoor Living!

Space is limited! Register at WLU.wickedlocal.com

FEB

10

2017

APPLAUSE

Cohasset Middle School announces first-term honor roll

The following students were named to the first-term honor roll at Cohasset Middle School:

Grade eight

High honors: Anna Cain, Emma Carroll, Joseph Comeau, Dylan Cosentino, Katherine Cuning, James Fox, Isabella Hess, Genevieve Littlejohn, Taylor Marshall, Allison Olson, Sireen Omran, William Richardson, Cecelia Tarpey, Erin Toomey and Devin Tulio.

Honors: Genevieve Ahlstedt, Lindsay Arruda, Charlotte Astley, Maxwell Boye, Amelia Boyle, Faye Budington, Christopher Carrabes, Constance Chapman, Lucy Clay, Dylan Coffey, John Connell, Claire Corwin, Sarah Cuddahy, Kurt DeVries, Ava Doherty, Caroline Donohue, Piper Finn, Jacob Fox, Kayla Gifford, Anna Grech, James Grech, Matthew Grimes, William Grudinskas, Rita

Hart, Andrew Hoadley, Emma Humphrey, Amelia Joyce, Lilla Khan, Nicholas Kluz, Kevin Krumsiek, Joyce Li, Abigail Linhart, Theodore Lucier, Jack Madden, Dana Mahoney, Alyssa McGhee, Devin McGinty, Kieran McHugh, David Mitterando, Tess Morris, Abigail Nestel, Christina Neubert, Julia Norton, Caroline Patterson, Jillian Perrone, William Puzella, Elise Regan, Carlton Ritz, Benjamin Sebestyen, Morgan Sile, Karolina Simmons, Colin Slater, Shea Smith, Zoe Sorensen, Leigh Spicer, Thomas St. Sauveur, Callie Stavis, Lauren Stevens, Christian Stoyanov, Tegan Sturdy, Emma Szedell, Connor Thompson, Sean Thornton and Quinn Walsh.

Grade seven

High honors: James Appleton, Sarah Basile, Carolyn Bowen, Nathaniel Charron, Brendan Cingari, Lindley

Day, Kasey Devaney, Evelyn Dickey, Kevin Federle, Shane Fitzpatrick, Benjamin Ford, Ellen Fox, Madison Gould, Nicholas Henry, Viola Henry, Emmie Hoehn, Cassidy Joslin, Maeve Kearney, Bridget Kondrat, Joshua Kripke, Bella Kristal, Gracy Lord, Ryan Madden, Bridget Mahoney, Blake Martini, Connor Nicholls, Riley Nichols, Nikolai Olsen, Lily Reilly, Marjah Sanon, George Seem, Samyelle Soares, Jackson Soderberg, Jacob Squatrito, Molly Stephens, Daniel Talacci, Emily Williams and Kevin Wrenn Jr.

Honors: Justin Appleby, Carter Bernstein, Joshua Burke, Ariana Clark, Cosmus Craig, Stephen Crumley, Sara Cullinan, Nora Cunningham, Ava Curry, Anna Deiningner, Henry Dionisio, Sean Durkin, William Duxbury, Brooke Evans, Lucas Feibel, John Fox, Mia Froio, Perri Fusco, Phoebe Fusco, Nola Gallagher, Jenna Giglio,

Henry Griffin, Liam Heinlein, Luke Herndon, Brian Hixson, Jackson Knapp, Calliope Lanier, Brooke Leggat, Giacomo Lyons, Collin Madden, Sarafina Madden, Christina McMillin, David McSweeney, Madeline Milanoski, Madeline Miller, Will Molloy, Abigail Moy, Justine Najjar, Lucas Najjar, Lisel Nee, Alexander Norgeot, Maeva Norton, John Pyne, Samuel Rogers, Miranda Schmidt, Natalie Simone, Kathryn Stevens, Lilyan Wallingford, Julia Willette, Elaine Wixted, Mack Woodgate and Margaret Young.

Grade six

High honors: Ainsley Allen, Annabel Axon, Georgia Barrett, Thayer Bernier, Christopher Brandt, Liam Campbell, Jennifer Coletta, Charles Comeau, Sarah Corroy, Natalie Corwin, Luke Cosentino, Tessa Curatolo, Alexis Donovan, Charles Donovan,

Lucy Farrington, Carl Fernald, Abigail Fish, Kira Fulton, Isabella Gansy, Maxwell Galvin, Catrina Herman, Max Hughes, Nicholas Iantosca, Katherine Ingle, Conrad Langenhagen, Liana Langevin, Peyton Lord, Aidan Mensching, Tess Meyers, Molly Naples, Rorie Newman, Reid Nussbaum, Reilly Nussbaum, Casey Ognibene, Nathaniel Palmer, Piper Quigley, Isabella Rands, Erin Rennie, Owen Rigby, Keira Ryan, Laura Saiz, Ella Shepherd, Grace Shepherd, Amanda Sile, Caden Smith, Daniel Smith, Isabella Smith, Nikol Stoyanov, Phoebe Sullivan, Emma Thornton, William Trojnor-Barron, Lise Trullson, Katherine Walsh, Ronan Whitton and Lauren Wolpers.

Honors: Donovan Babka, William Baker, Miya Bishop, Hannah Bliss, Nabeel Bonifon, Caroline Brinze, Carrington Carr, Lola Carter, Tess Cassel, Owen Caulfield, Kimyra Cofield, Samuel Coletta, Bridget DeGroat,

Michael Dougherty, Logan Finn, Adam Ford, Ceryteio, Simon Frank, Sophia Gardner, Emma Goff, Tyler Gould, Samuel Grech, Chase Hansen, Thomas Hansen Jr., Henry Heffner, Bella Hersey, Hannah Hession, Colin Humphrey, Charlotte Ivimey, Lidia Jeffers, Mark Kupsc Jr., Brian Li, Francis Losordo, Grace Madden, Daniel McGinty, Robert Martin, Quinn Mulhern, Andrew Nelson, Luc-Francois Nivaud, Robert Norton, Edward O'Keefe, Anna O'Leary, Mercedes O'Neil, Rebecca Palmer, Isabella Picot, Heroy Richardson, Martin Rigby, Eli Rippetoe, Chloe Roberts, Caroline Santacrose, James Smith III, Lexi Sorensen, Austen Suvak, Bailey Thomas, Andrew Thompson, Alyson Topor, Pandora Walden, August Wanta, Emma Watts, Benjamin Weissense, Luke Willmott, Carter Wimberly and Tyler Wosneski.

NORFOLK COUNTY DA

Cohasset leaders attend marijuana law seminar

More than 160 regional public health, law enforcement, education and municipal leaders, including Cohasset Police Officer Daniel Williams and Patti Napolitano from Safe Harbor, joined District Attorney Michael W. Morrissey at his "Marijuana Legalization - Community Strategies" seminar last week to learn about the public health, safety and governance issues and problems related to the new law.

"The ballot question was designed to maximize corporate profit, without regard for graceful or efficient implementation. That leaves towns and cities with a lot of unanswered questions," said Morrissey, whose office organized the seminar in partnership with the Canton Alliance Against Substance Abuse, Needham Public Health,

Walpole Police and Stoughton U-Knighed.

Attorney Katherine Laughman from the firm Kopelman & Paige led with a presentation on regulation and taxation of marijuana, including the steps towns need to take to regulate employees getting high at work - since marijuana will no longer be defined as a controlled substance - and ways to zone where pot

shops can locate.

With an audience that was almost half police officers, Attorney John Scheft from Law Enforcement Dimensions detailed the intricacies of enforcing the new hodgepodge of law, where a citizen can grow six marijuana plants at their home legally, but to do so at a second home or rented space is a crime. A landscape where minors can be

charged with possession for the marijuana inside their bodies after they consume it, unlike any other drug.

Walpole Police Chief John Carmichael, whose personal research into the impacts marijuana legalization has included visiting Colorado manufacturing and selling facilities, and Needham Health and Human Services Director Timothy McDonald joined Scheft

and Laughman to field questions from the group.

"We may not have been able to answer every question for the towns, and there are many things that will be fleshed out through the courts in the years to come," said Morrissey. "But if we pool our resources and work together, the coming changes can be less chaotic and less disruptive to public safety and quality of life."

COHASSET POLICE/FIRE LOG

The following are excerpts from the Cohasset Police/Fire Log, which is public record and available for review.

Monday, Jan. 30

8:47 a.m.: A caller reported a red truck that was working on the bridge went by his house on Beechwood Street while he was waiting for the school bus going at least 50. The caller wanted an officer to speak to the operator because he drives by fast everyday but was faster today. The operator said he would be more careful in the future.

11:06 a.m.: A caller from the selectmen's office requested an officer to be present while she opened a package she thought was suspicious at Cohasset Town Hall on Highland Avenue.

11:21 a.m.: A walk-in reported a past minor motor vehicle crash at Shaw's Supermarket on Chief Justice Cushing Highway. No report was necessary; the parties exchanged paperwork.

1:48 p.m.: A black Mazda was reportedly hit in the parking lot at Stop & Shop on Chief Justice Cushing Highway. The operator did not know who hit her vehicle.

3:13 p.m.: A caller reported that a female party in a Taste for Wine & Spirits on Chief Justice Cushing Highway stole a bottle of Tito's Vodka and left in a car. The caller stated the theft was on tape.

4:56 p.m.: A front door alarm was reported at Salton Fringe on Chief Justice Cushing Highway. An officer did a walk-through and everything was in order.

6:23 p.m.: A caller reported a deceased raccoon on the southbound side of Chief Justice Cushing Highway. State Highway was notified.

6:56 p.m.: A burglar alarm was reported at a residence on North Main Street. The building was secure. The caretaker stated that the audible alarm would reset and he would disable the alarm if it went off again.

7:12 p.m.: A caller reported he hit a coyote on Chief Justice Cushing Highway and damaged his vehicle.

Tuesday, Jan. 31

11:39 a.m.: Fire personnel assisted with smoke detectors on Fairlocks Lane.

2:10 p.m.: A walk-in reported theft and vandalism to their yard on Fairlocks Lane.

2:20 p.m.: A caller reported a male party in the woods next to her residence on North Main Street. She was concerned because he may have poured gasoline. Police spoke to the party, who stated he stores his plow on the property.

2:29 p.m.: A caller reported a low-hanging wire on Surry Drive but no arcing or sparking. Police reported the wires were in a private yard.

2:44 p.m.: A big white poodle was reported possibly lost on North Main Street near Red Gate Lane. The dog was gone on police

arrival.

4:25 p.m.: A motor vehicle reported hit a pole on Beechwood Street at Wheelwright Farm. The pole was down, and National Grid was notified. The road was closed until National Grid and Comcast arrived. National Grid removed the pole.

Wednesday, Feb. 1

4:49 a.m.: A commercial alarm was reported at Pilgrim Bank on South Main Street. Police reported the building appeared secure and did a walk-through with the keyholder.

1:20 p.m.: A residential alarm was reported on Jerusalem Road. Police confirmed that it was accidentally set off by the pet sitter.

4:06 p.m.: A caller reported that the operator of a vehicle in the Starbucks drive-through on Chief Justice Cushing Highway sounded drunk when ordering and left going north. Scituate was advised.

Thursday, Feb. 2

6:59 a.m.: A caller reported a broken-down garbage truck on Pond Street. It was near the school, and the caller was concerned for the children and bus driver. Police were unable to locate the garbage truck.

8:01 a.m.: A caller reported her mailbox was hit overnight on Arrowwood Street.

9:57 a.m.: A wire was

reported down on Buttonwood Lane at Pond Street. Verizon was notified.

10:01 a.m.: A caller reported a wire issue on South Main Street. Verizon was notified, and personnel reported no hazard.

10:53 a.m.: A caller reported that cars parked on the corner of Deep Run at Jerusalem Road made it unsafe to pull onto Deep Run. Two detail officers responded.

11:20 a.m.: A caller reported water bubbling out of the ground near Jerusalem Road. The Cohasset Water Department was notified.

6:09 p.m.: A carbon monoxide alarm was reported on Stratford Terrace. The resident reported he changed the battery in the detector, and there were no issues. Personnel found no readings.

Friday, Feb. 3

6:09 a.m.: A caller reported she hit a deer on Chief Justice Cushing Highway and that the deer was dead in the roadway. There was no airbag deployment, and the car was not injured.

10:51 a.m.: An erratic operator was reported at Cohasset Village on South Main Street. The operator pulled into the town lot. The female party stated she was distracted and lost in thought.

11:03 a.m.: A caller reported a small chocolate Lab with a blue collar wandering in the street on Mill Lane. The Animal Control officer was notified.

12:59 p.m.: Fire personnel conducted an investigation at Cohasset Junior/Senior High School on Pond Street.

1:54 p.m.: A caller reported the rope for a flag pole at Beechwood Ballfield on Beechwood Street was broken and the American flag was on the ground. The item was collected.

6:26 p.m.: A bedroom motion detector alarm was reported at a residence on Deep Run. Police reported the residence appeared secure.

Saturday, Feb. 4

7:28 a.m.: A deck sliding door alarm was reported at a residence on South Main Street. Police reported the property appeared secure.

9:02 a.m.: A caller reported his alarm company called him directly stating his alarm had been shut off. He was in Vermont and requested an officer check the residence on South Main Street. Police reported the house was secure.

11:57 a.m.: An erratic operator was reported near Cohasset Imports on Chief Justice Cushing Highway. The vehicle parked in the parking lot at Marylou's. Police spoke with the operator, and he checked out.

1:09 p.m.: An erratic operator in a white passenger van was reported on Beechwood Street, almost driving the caller off the road. The van had "Friendship is Home" written on the back. Police were unable to locate the vehicle.

9:32 p.m.: An erratic

operator was reported near Marylou's on King Street, swerving with a tail light out and braking erratically. Police issued a citation.

9:42 p.m.: A commercial fire alarm was reported on Chief Justice Cushing Highway. Personnel reported nothing showing. The building was checked and the alarm reset.

10:48 p.m.: A motor vehicle reportedly hit a deer near Blue Mussel Tavern on King Street. There was no damage to the vehicle, and the operator declined medical treatment.

Sunday, Feb. 5

11:43 a.m.: An erratic operator was reported near Stop & Shop on Chief Justice Cushing Highway, heading toward Scituate and crossing the double line. Police were unable to locate the vehicle.

12:47 p.m.: A caller reported a theft from her home on Tupelo Road during the second week of December. The caller was calling on behalf of her sister and stated that between Dec. 8 and 12, \$2,600 in bonds, \$6,000 in cash, an external hard drive and four passports were stolen.

1:57 p.m.: A resident on South Main Street at Spring Street reported that her purse was taken from her car while she was in church yesterday afternoon.

11:56 p.m.: A caller reported an argument with a neighbor on Jerusalem Road over a dog not being on a leash.

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Ballots must be received by Wednesday, February 15, 2017 at 5 p.m. The ballots will be entered and tabulated by an independent data processing firm. Results will be published in a special section inserted into your newspaper the week of June 26th and will be available online at wickedlocalfavorites.com.

Local Shopping

- Men's Clothing Store
- Women's Clothing Store
- Children's Clothing
- Optical Shop
- Shoe Store
- Bookstore
- Photography
- Gift Shop
- Jewelry Store
- Florist
- Sporting Goods Store
- Toy Store
- Pet Services
- Liquor Store
- Furniture Store
- Carpet/Flooring Store
- Appliance Store
- Home Decorating Store
- Hardware/Home Improvement Store
- Garden Store/H nursery
- Consignement Shop

Local Flavor

- Community Bank / Credit Union
- Insurance Agency
- Dance School
- Gymnastics School
- Retirement Living Residence
- Restaurant For Breakfast
- Restaurant For Lunch
- Restaurant For Dinner
- Fine Dining Restaurant
- Italian Restaurant
- Pizza Place
- Thai Restaurant
- Mexican Restaurant
- Family Friendly Restaurant
- Seafood Restaurant
- Chinese Restaurant
- Sushi Restaurant
- Takeout Restaurant
- Steak House
- Bakery
- Coffee Shop
- Ice Cream Shop
- Butcher Shop/Deli
- Fish Market
- Bar
- Caterer

Regional Favorites

- Hospital
- Wedding Venue
- Beach
- Golf Course
- Museum
- Place To See Theatre
- Place For Family Entertainment
- Summer Camp
- Mail
- Discount Store
- Supermarket
- Car Dealership
- Tire Services
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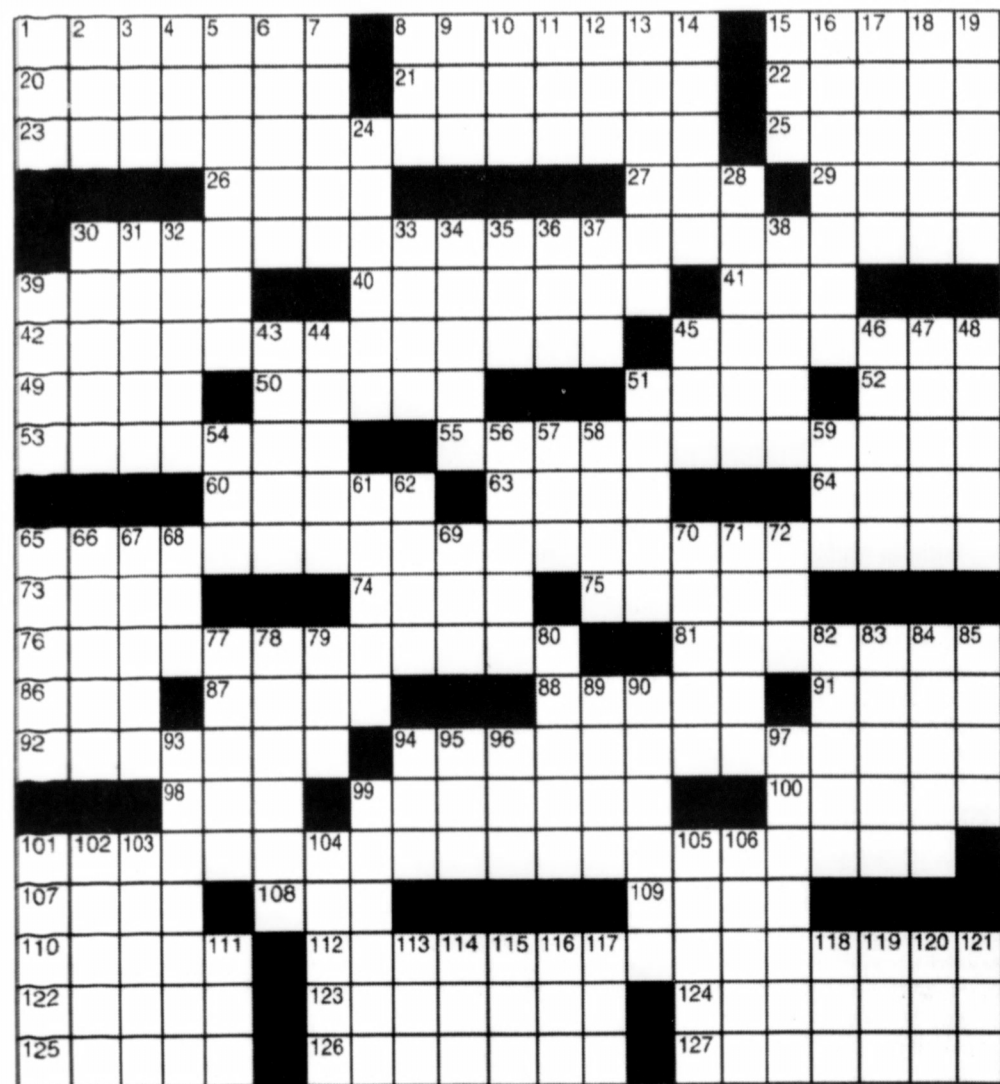
Reminder: You MUST include the TOWNS where your choices are located!

*Readers Choice is a reader preference poll. This promotional program is not intended to be, nor is it representative of, statistically valid.

GUIDELINES: (1) No purchase necessary. One entry per person. Must be a resident of Massachusetts. (2) One original ballot or online ballot only. No reproductions will be accepted. (3) No ballot will be counted without name, address and phone number. (4) All results are final. (5) At least 10 choices must be entered in for votes to be counted. (6) All current entries close on election day. No late entries for prizes permitted. (7) No prizes for prizes permitted. (8) All prizes are subject to availability. (9) Prizes will be awarded by random drawing. (10) Prizes will be awarded by random drawing. (11) Prizes will be awarded by random drawing. (12) Prizes will be awarded by random drawing. (13) Prizes will be awarded by random drawing. (14) Prizes will be awarded by random drawing. (15) Prizes will be awarded by random drawing. (16) Prizes will be awarded by random drawing. (17) Prizes will be awarded by random drawing. (18) Prizes will be awarded by random drawing. 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PUZZLES

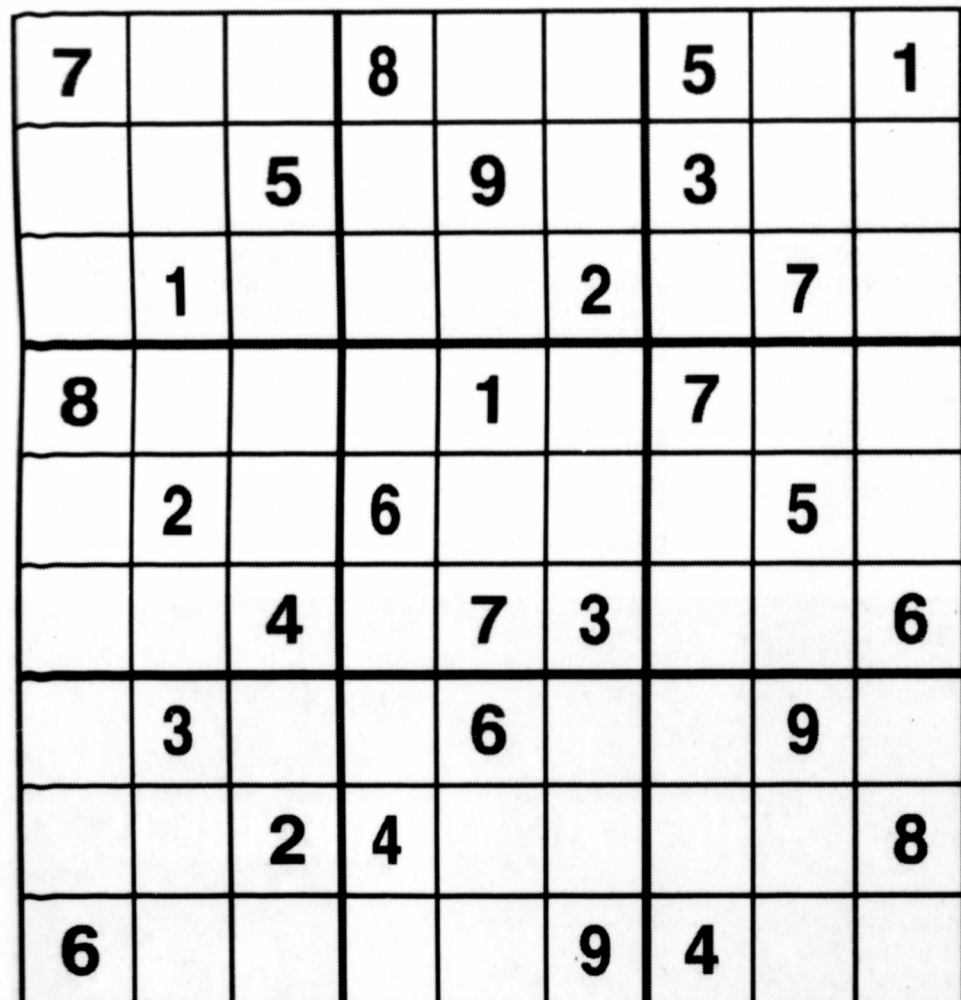
Crossword • PLAYFUL BREEDS



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ACROSS
 1 Deluding deliberately
 8 Stiff cat hair
 15 Capital of Morocco
 20 Of the side
 21 Plane for short hops
 22 Put a hex on
 23 Dog having no bounds?
 25 "I repeat ..."
 26 Gai pal, in Grenoble
 27 Parts of lbs.
 29 Bring to run
 30 Dog hanging out with pride
 39 Gawkily rudely
 40 Restrained with shackles
 41 Bit in trail
 42 British money depicting a dog?
 45 Capital of Indonesia
 49 Hollywood's Raines
 50 Edible mushroom
 51 Sack filler
 102 Catering hall receptacle
 103 Take eager advantage of
 55 Equaling a dog's level of coziness?
 60 Plant pore
 63 "When I was ..."
 64 With 32-Down, Lucille Ball's partner
 65 Dog carrying a container of high-lat spread?
 72 Verdi song
 74 Cozy recess
 75 Old heads of Iran
 76 Dog along with Mrs. Truman?
 81 Gunfire noise
 86 Pindar work
 87 "Adams" family car for halulage
 91 — Allo, California
 92 Fund for the future
 94 Dog's felt-tip pen?
 98 — Vicente
 99 Drum machine
 100 Property claims
 101 Dog that doesn't dial long-distance?
 107 Latin love
 108 Detroit-to-Charlotte dr.
 109 Golfer McIlroy
 110 Circle measures
 112 Hit by a dog?
 122 Hear's place of high-lat spread?
 123 French "Stephen"
 124 Resembling element #50
 125 Speediness
 126 Electrified
 127 Made rate
 10 Audit go
 11 Racecar fuel additive
 12 Chang — shik
 13 Glorifies
 14 "The Godfather" character
 15 TV maker
 16 Capital of Maine
 17 Ranch iron
 18 Brief
 19 French depression
 20 First little bit of progress say
 24 Harder to grab hold of
 28 Haydn work
 30 Ripped off
 31 St. — Girl (beer brand)
 32 See 64-Across
 33 Memo words
 34 Nabisco's — Wafers
 35 Prefix with 20-Across
 36 Sugar pie
 37 H.S. subj.
 38 Zaps in the microwave
 39 — Out of
 7 Stan's "Swiss Miss" co-star
 8 Lived
 9 That man's
 46 Indian money
 47 Tie up tightly
 48 #1 Rolling Stones hit before 1917
 51 A tribe of Israel
 54 Subj. of U.S. aliens
 56 Burlap bags
 57 Camera
 58 Scottish refusals
 59 Gator's tail?
 61 Mark's girl
 62 First little bit of progress say
 65 BLT part
 66 Wear slowly
 67 Buenos Aires (capital of Argentina)
 68 Comedy bit
 69 Weeding aid
 70 Cuban hero
 111 Ending for Tokyo
 113 Copsa's nose
 114 Fun and games, for short
 115 Printer fluid
 116 Butyl ender
 117 Lipstick color
 118 The Indians, for short
 119 Aperitif with white wine
 120 Scrape (out)
 121 Beatty of "1941"

Sudoku



Level: Moderate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Magic Maze • HEAD -

C E B Y V S Q N K H E B Y W T
 R O L J G E B Y W U R P N K I
 G D B Z X D V S N T Q O M K I
 G E C A R L C O U N T Y W U S
 Q P N A C O V E R I N G O L J
 H F O E C C A Y S A X F V U S
 Q B G H P W A T E R S N M K J
 H F E E C I L C M T B Z Y X V
 U T R B A N D G A S K E T Q P
 O M L K I R O T G E S E E H C
 H S L L I H E H T R O F G E D

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Band	Covering	Gear	Of state
Board	For the hills	Honcho	Restraint
Cheese	Game	Lice	Waters
Cold	Gasket	Nurse	

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Find More Word Search Puzzles • 6 Volumes \$3.50 ea. • Order at: rfmamall.com

HOROSCOPE

Salome's Stars

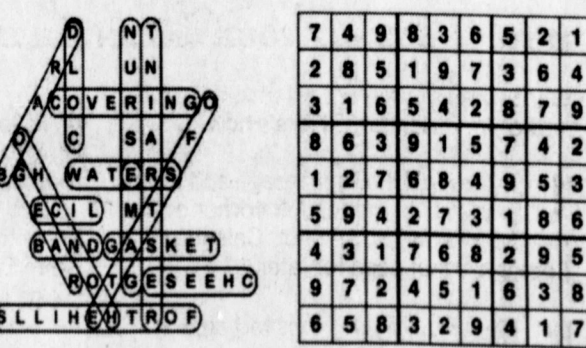
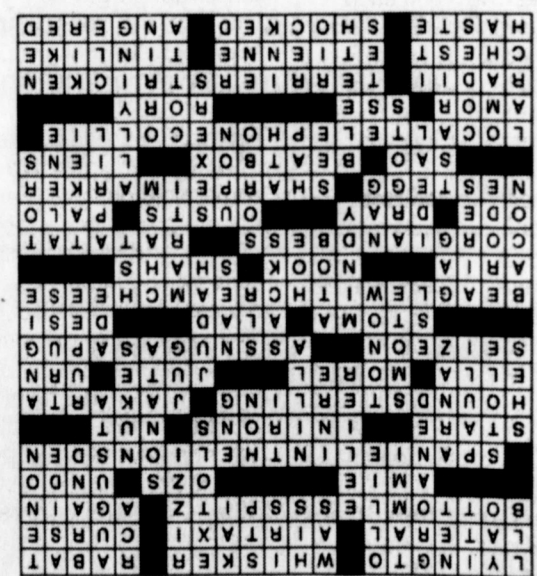
ARIES (March 21 to April 19) You don't like rejection. But instead of trying to "ram" your ideas through to an unresponsive audience, stand back and wait for a more favorable environment later this month.
TAURUS (April 20 to May 20) Job commitments call for the tidy Taurus to charge into those problem-plagued projects and get them into shape. Then go ahead and enjoy the fun and friendships of your expanding social life.
GEMINI (May 21 to June 20) The pressures of the workplace are beginning to ease. While you still need to stay connected to your ongoing commitments, you'll be able to take more time to relax with family and friends.
CANCER (June 21 to July 22) You might feel that you need to prove how much you can do. But be careful not to take on more than you can handle, or you risk being bogged down. An Aries has a message for you.
LEO (July 23 to August 22) Financially it could be a little tight for a while. So re-

sist the urge to splurge on things you don't really need. There will be time enough to indulge yourself when the money squeeze eases later this month.
VIRGO (August 23 to September 22) You demand trust from others. But someone is creating a situation that could put your own trustworthiness in question. Be sure to keep all lines of communication open.
LIBRA (September 23 to October 22) A problem delays the recognition that you hoped to receive for your hard work. But all will soon be resolved. Remember to make patience your watchword this week.
SCORPIO (October 23 to November 21) Those wonderful ideas could expand your workplace prospects and ultimately lead you on a new career path. Your personal life also opens up new vistas.
SAGITTARIUS (November 22 to December 21) So much seems to be swirling around you these days that you might find it hard to focus on priorities.

Best advice: Take things one at a time, and you'll get through them all.
CAPRICORN (December 22 to January 19) Work out situations with what you have, and avoid the temptation to create complications where they don't exist. This applies both at home and in the workplace.
AQUARIUS (January 20 to February 18) Keep your keen senses open to possible changes in personal and/or professional situations. Knowing what might lie ahead gives you an edge on how to handle it.
PISCES (February 19 to March 20) Personal pressures at work could create a problem with your performance. Best advice: Focus on the job ahead of you. If necessary, you can deal with the other issue later.
BORN THIS WEEK: Like your fellow Aquarian Abraham Lincoln, you have a way of handling the most difficult situations with grace and conviction.

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SOLUTIONS



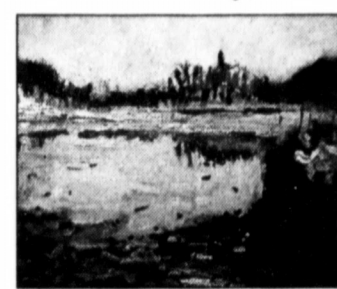
CALENDAR

HOW TO SUBMIT

Event information can be input online by following the directions at the bottom of this page, sent by email to scalendar@wickedlocal.com or sent by fax to 781-837-4543. Listings must be submitted at least two weeks prior to the event. Photos should be a jpeg with a resolution of at least 200 dpi and no smaller than 3X5 inches in size. For more information call 508-591-6623.

Gallery Artists reception at South Street Gallery

WHEN: 6-9 p.m., Friday, Feb. 10
WHAT: Gallery Artists exhibit reception at South Street Gallery in Hingham
INFO: A reception for the Gallery Artists exhibit will be held at South Street Gallery, 149 South St., Hingham. Hors d'oeuvres will be served. Gallery artists will be featured throughout the year to come. Every month, starting in March, one of 12 artists will display a grouping of new works on the Gallery artists wall. The February exhibit at South Street Gallery will feature paintings of the 12 artists. Pictured: "Winter in Bare Cove" by Dennis Doyle.
For information: 781-749-0430, www.southstreetgallery.com.



'Heart and Soule' dance at Middleborough Town Hall

WHEN: 7-11 p.m., Saturday, Feb. 11
WHAT: "Heart and Soule" fundraiser dance at Town Hall in Middleborough
INFO: The annual "Heart and Soule" dance will be held at Town Hall, 10 Nickerson Ave., Middleborough, in the grand ballroom, hosted by Soule Homestead Education Center. The event will feature popular local band Dale and the Duds, raffles, light refreshments and full cash bar. Tickets \$20 each.
For information: 508-947-6744, www.soulehomestead.com.



'Art Off the Wall' fundraiser at South Shore Center

WHEN: 7:10 p.m., Wednesday, Feb. 15
WHAT: Art Off the Wall fundraiser at South Shore Center in Cohasset
INFO: Art Off the Wall fundraiser: South Shore Art Center, 119 Ripley Road, Cohasset. Cocktail party and bingo like call game. Take home an original piece of art. More than 50 artists donate work. Collector's tickets \$195, guest tickets \$55.
For information: 781-383-2787, ssac.org.



CALENDAR

Send your event information by email to scalendar@wickedlocal.com. Listings information must be submitted at least two weeks prior to the event. Please include the time, date, location, street address and town of the event. If possible, provide a contact phone number and website.

Friday, Feb. 10

Books & Bubbles: 11:30 a.m. to noon, Norwell Public Library, 64 South St., Norwell. A 20-minute program led by the children's librarian, featuring nursery rhymes, songs, bounces and bubbles. Geared to toddlers, but older and younger siblings (including babies) are welcome. No need to register. For information: 781-659-2015, norwellpubliclibrary.org.

Valentine's Day party: 2-3 p.m., Wingate at Silver Lake, 17 Chipman Way, Kingston. Enjoy chocolates and sweet treats, play trivia games about famous couples and love songs. For information: 781-585-4100.

Teen Advisory Group Meeting: 3-4 p.m., Norwell Public Library, 64 South St., Norwell. Makerspace activities and planning for February and April vacations. For information: 781-659-2015, norwellpubliclibrary.org.

Gallery Artists exhibit reception: 6-9 p.m., South Street Gallery, 149 South St., Hingham. Hors d'oeuvres will be served. Gallery artists will be featured throughout the year to come. Every month, starting in March, one of 12 artists will display a grouping of new works on the Gallery artists wall. This February exhibit at South Street Gallery will feature paintings of the 12 artists. For information: 781-749-0430, www.southstreetgallery.com.

Night to Shine Prom: 6-9 p.m., Pembroke Country Club, 94 West Elm St., Pembroke. For people with special needs, ages 14 and older. Hosted by Calvary Baptist Church and sponsored by the Tim Tebow Foundation. Event features VIP treatment and each guest is crowned as a king or queen of the prom. For information: www.timtebowfoundation.org, www.connectcalvary.com.

Last of the Red Hot Lovers: 8 p.m., Zeitler Performing Arts Center, 684 Purchase St., New Bedford. Philadelphia's Walnut Street Theatre's all-new production of Neil Simon's comedy. Tickets: \$27, \$32, \$39, \$45. For information: 508-994-2900, www.zeitler.org.

"Lovers and Other Strangers": 8 p.m., First Parish Church Hall, 842 Tremont St., Duxbury. Comedy

presented Feb. 10-11 and 17-18 by the Bay Players. Written by Renee Taylor and Joseph Bologna, directed by Michael Pezner. General admission, \$20; student (school ID required) \$18; senior (65+), \$18. For information: 781-269-9885, tickets@bayplayers.org; www.bayplayers.org.

Comedy Night: 8-10 p.m., South Shore Sports Center, 55 Recreation Park Drive, Hingham. Headliner for this year's event is Paul Nardizzi, one of the most requested comedians in New England. Age 21+. Tickets \$25 per person. For information: 781-740-1105, www.southshoresportscenter.com.

Della and the All Stars: 8 p.m., Next Page Cafe, 550 Broad St., Weymouth. For information: 781-340-1300, thenextpagecafe.com.

Saturday, Feb. 11

Art reception: 1-3 p.m., Clemens Gallery, Hingham Public Library, 65 Leavitt St., Hingham. "By the Sea," paintings by Kathleen Dunn, were inspired by walks along the beach. On display Feb. 4 to March 3. Reception Feb. 11. For information: www.hinghamlibrary.org.

South Shore Genealogical Society meeting: 1:30 p.m., John Curtis Free Library, 534 Hanover St., Hanover. The presentation will be a previously recorded webinar titled "Making YDNA and mtDNA Part of Your Family History" by Diahn Southard. For information: sites.google.com/site/southshoregenealogicalsociety.

Johnny Irreleisto: 3:15 p.m., Inn at Silver Lake, 21 Chipman Way, Kingston. Irreleisto will sing Sinatra favorites. Free, open to the public. For information: 781-585-4101.

Blue Boat Coffeehouse: 6-9 p.m., First Parish, 330 First Parish Road, Scituate. Open to the public. Refreshments available. Donations are encouraged to benefit the Scituate STEAM Collaborative, which hosts the popular Scituate Science Spectacular every spring. For information: 781-545-3324, www.firstparishscituate.org.

Valentine Dinner: 6-9:30 p.m., Miramar Retreat Center, 121 Parks St., Duxbury. Married couples of all ages are invited to a romantic dinner. Wine and cheese social followed by dinner of lobster or venison prepared by Miramar's chef, a presentation entitled "Our Marriage: We Remember, We Celebrate, We Believe" by Fred and Diane L'Ecyer and Fr. Tom Griffith, and finally a Valentine's dessert. \$57 per couple. For information: 781-585-2460, miramarretreat.org.

Left-Right-Center: 6-9

p.m., St. Mary's Parish Center, 2 Edward Foster Road, Scituate. An ASP fundraiser to support this year's service trip by Scituate teens. No experience necessary. Participants will be taught how to play Appetizers, desserts, wine and beer available. 21+. Tickets \$25 each or two for \$40 by visiting <https://mkt.com/scituate-asp>. For information: 781-545-5300, scituate.ma@gmail.com.

"Heart and Soule" fundraiser dance: 7-11 p.m., Town Hall, 10 Nickerson Ave., Middleborough, in the grand ballroom. Hosted by Soule Homestead Education Center. Featuring popular local band Dale and the Duds, raffles, light refreshments, full cash bar. Tickets \$20 each. For information: 508-947-6744, www.soulehomestead.com.

Dinner theater: John Carver Inn, 25 Summer St., Plymouth. Doors open at 7 p.m. Dinner and show \$59.99 per person. Show only: \$25. Tonight: Jon Stetson Psychic Comedy Show. For information: www.johncarverinn.com/packages/dinner-theater-comedy-mystery-music-more.

South Shore Dancers ballroom dance: 7:30-11 p.m., Cushing Memorial Hall, 673 Main St., Norwell. \$12pp. Casino Royale theme. Black tie requested. Social ballroom dance with mixer and dance host portion: 7:30 lesson, social ballroom dancing to music by DJ Lestyn Gilmore 8-11 p.m. Attendance limited; advance reservations strongly recommended. For information: 781-659-4703, tickets@southshoredancers.org.

Blue Moon Coffeehouse: 7:30 p.m., 45 Webster St., Rockland. Paul Rishell and Annie Raines will join up with Kathleen Parks (of Twisted Pine) and Brad Bensko to create the new band Mojo Rodeo. These two duo together re-imagine blues, bluegrass, honky-tonk country, classic oldies and choice originals. Doors open at 7 p.m. Between sets by the band, there will be an open mike. Tickets are \$10 at the door. For information: www.thebluemooncoffeehouse.com.

"Lovers and Other Strangers": 8 p.m., First Parish Church Hall, 842 Tremont St., Duxbury. Comedy

presented Feb. 10-11 and 17-18 by the Bay Players. Written by Renee Taylor and Joseph Bologna, directed by Michael Pezner. General admission, \$20; student (school ID required) \$18; senior (65+), \$18. For information: 781-269-9885, tickets@bayplayers.org; www.bayplayers.org.

MOMIX - Opus Cactus: 8 p.m., Zeitler Performing Arts Center, 684 Purchase St., Duxbury. Comedy

presented Feb. 10-11 and 17-18 by the Bay Players. Written by Renee Taylor and Joseph Bologna, directed by Michael Pezner. General admission, \$20; student (school ID required) \$18; senior (65+), \$18. For information: 781-269-9885, tickets@bayplayers.org; www.bayplayers.org.

Sunday, Feb. 12

"Music Through the Ages" concert service: 10:30 a.m., First Parish Church, 223 Main St., Kingston. Stories and fun facts from history and a wide variety of music sung by award-winning soloist and Kingston resident Andrew Garland, along with the First Parish choir, under the direction of Dr. Randy McGee. Attendees will have full opportunity to sing along as well. For information: www.kingstonuuu.org.

Music workshop: 1 p.m., Unitarian parish hall, 25 S. Main St., Middleborough. The Sacred Sounds and Song Workshop, led by Rev. Myra Robinson, will provide insight into the role of sound in healing, connection and learning. Using vocalization, meditation and easy chants, participants will learn techniques to invite their creative music to manifest through sound and song. Fee is \$10 and includes a light lunch at noon. Contact Andrea Priest andriepriest@gmail.com for further information or if planning to attend.

Van Gogh - The Postman comes to life: 2-3 p.m., Norwell Public Library, 64 South St., Norwell. Screen Guild actor Ted Zaleski brings "The Postman" to life in a one-act show. Funded by a Norwell Cultural Council grant. For information: 781-659-2015, norwellpubliclibrary.org.

"In Matters of Love" concert: 4 p.m., Ellison Center for the Arts, 64 Saint George St., Duxbury. The theme, celebrating Valentine's Day, is love in its various forms. Part of South Shore Conservatory's concert series showcasing SSC's voice faculty. Free event, open to the public. For information: 781-934-2731, www.sscmusic.org.

Monday, Feb. 13

Birding by Van: 9-11:30 a.m., North River Wildlife Sanctuary, 2000 Main St., Marshfield. Participants will step outside occasionally and take short walks on level ground, but no need for hiking boots. \$15/\$12 member adult per session. Preregister. For information: 781-837-9400, ext. 7902, www.massadubon.org/southshore.

Register for Lifelong Learning Program: 3-5 p.m., Duxbury Senior Center, 10 Mayflower St., Duxbury. Registration also held from 10 a.m. to noon Feb. 15-16. Thirteen college level courses offered for winter term. For information: 781-934-5774, ext. 101, town.duxbury.ma.us.

Adult Book Group: 7 p.m., Tufts Library, 46 Broad St., Weymouth. "Brilliant Becons" by Eric Jay Dolin traces the evolution of America's lighthouse system from its earliest days. Copies

are available at the circulation desk and new members are always welcome. For information: 781-337-1402, www.weymouth.ma.us/library.

Tuesday, Feb. 14

Little Naturalists: 9:30-10:30 a.m., North River Wildlife Sanctuary, 2000 Main St., Marshfield. Children learn about New England animals and how they live through walks, stories, songs, and crafts. This month the focus is on skunks. For children ages 3-5 with caregiver: \$7/\$5 member child (no charge for accompanying adults). Preregister. For information: 781-837-9400, ext. 7902, www.massadubon.org/southshore.

Accordion player Simon Shapiro: 3:15 p.m., Inn at Silver Lake, 21 Chipman Way, Kingston. Shapiro plays many styles of music, which will include love songs for the holiday. Free, open to the public. For information: 781-585-4101.

Wednesday, Feb. 15

Library Story Time: 10:30-11:15 a.m., Norwell Public Library, 64 South St., Norwell. Join the children's librarian for a half-hour of stories and fun with your child, followed by a coloring or craft activity. No need to register. For information: 781-659-2015, norwellpubliclibrary.org.

Solar 101: 6:30 p.m., Ventress Memorial Library, 15 Library Plaza, Marshfield. Presenter: Philip Angell, former member of Marshfield's Energy Committee. Topics include ownership versus lease, SRECs, selling your home with solar, payback times and more. Free, open to the public, no tickets required. For information: 781-834-5535, www.ventresslibrary.org.

Art Off the Wall fundraiser: 7:10 p.m., South Shore Art Center, 119 Ripley Road, Cohasset. Cocktail party and bingo-like call game. Take home an original piece of art. More than 50 artists donate work. Collector's tickets \$195, guest tickets \$55. For information: 781-383-2787, ssac.org.

Thursday, Feb. 16

Literary Circle: 10 a.m. to 12:30 p.m., Norwell Public Library, 64 South St., Norwell. Reading "The Queen of Katwe" by Tim Crothers and watching the movie. "The Queen of Katwe." For information: 781-659-2015, norwellpubliclibrary.org.

Movie: 2 and 6:30 p.m., Tufts Library, 46 Broad St., Weymouth. "Se7en" rated PG-13. Light refreshments will be provided. For information: 781-337-1402, www.weymouth.ma.us/library.

Basic Life Support certification course: for healthcare providers: 6-10 p.m., Tarlton Community Center, 245 Summer St., Duxbury. Presented by Health Ed of New England. Course fee is \$55 per person and requires preregistration by Feb. 15. For information: 781-582-1440 or 800-434-6000, www.healthednewengland.com.

Vespers with Old Ship Choir: 6:30 p.m., Old Ship Meeting House, 90 Main St., Hingham. The candle-lit meeting house will be filled with music and readings that explore various expressions of love, and periods of silence for quiet contemplation. All are welcome.

Jazz concert: 7 p.m., Rockland High School, 52 MacKinlay Way, Rockland. A jazz performance, "Mardi Gras," by several local jazz musicians, presented by the Rockland High School Music Department. Open to the public. Admission \$5 at the door. For information contact John Piazza, Rockland High School music director, ajpiazza@rocklandschools.org.

"The Bridges of Madison County" performances: Feb. 16-19. Company Theatre, 30 Accord Park Drive, Norwell. Directed by Michael Hammond, with music direction by Steve Bass. Shows are 7:30 p.m. Feb. 16, 8 p.m. Feb. 17 and 8 p.m. Feb. 18 and 3 p.m. Feb. 19. Tickets are \$41 to \$43. For information: 781-871-2787, www.companytheatre.com.

Ben Knight joins the Willie J. Laws Band: 8 p.m., Next Page Cafe, 550 Broad St., Weymouth. Followed by open mic with Willie J. Laws Jr. Jammers invited and welcome. Free pizza.

Friday, Feb. 17

Books & Bubbles: 11:30 a.m. to noon, Norwell Public Library, 64 South St., Norwell. A 20-minute program led by the children's librarian, featuring nursery rhymes, songs, bounces and bubbles. Geared to toddlers, but older and younger siblings (including babies) are welcome. No need to register. For information: 781-659-2015, norwellpubliclibrary.org.

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South Shore Folk Music Club: 8 p.m., Beal House, 222 Main St., Kingston. Coffeehouse and open mic featuring Kathleen Healy, with Kim Moberg to open. Tickets \$7 per member, \$8 per non-member. \$4 per welcome. New members welcome. Sign up at the door for eight-minute open mic. For information: ssfm.org.

Mudd Skippers: 8 p.m., Next Page Cafe, 550 Broad St., Weymouth. For information: 781-340-1300, thenextpagecafe.com.